

Sea Island Fitness Classes—September 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Cycle Circuit K1 Conditioning		Wake Up Call		Synergy HIIT		
8:00 a.m.	Strictly Strength	Intermediate Yoga Synergy HIIT	Straight Up Circuit	Intermediate Yoga Cycle Sculpt	TRX Circuit	Intermediate Yoga	
8:30 a.m.	Aqua Fit	Shallow Water Aerobics	Aqua Fit	Shallow Water Aerobics	Aqua Fit		
9:00 a.m.	Cycle Circuit 90 min Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Mixed Equipment	Indoor Cycle Pilates Reformer	Indoor Cycle Beach Yoga Energizing Stretch	
9:30 a.m.			Power Flow Yoga – Heated		Power Flow Yoga – Heated		
10:00 a.m.	Multi-Level Yoga Reformer Cardio Mix	Conditioning For Wellness	Multi-Level Yoga	Strength and Stretch	Yoga Foundations Conditioning For Wellness Reformer Cardio Mix	Barre Class Pilates Reformer Hard ‘Core’@10:15	
11:00 a.m.		Heated Yoga		Heated Yoga	Pilates Reformer	Paddleboard Yoga at Rainbow Island (Contact Yacht Club)	
11:15 a.m.	Barre Class		Barre Class		Barre Class		
4:00 p.m.							R&R Yoga
5:30 p.m.	Restorative Stretch		Restorative Stretch				

Cardio ■
 Mind/Body ■
 Strength ■

Facility Hours: Monday – Thursday 6:00 am – 8:00 pm, Friday & Saturday 6:00 am – 7:00 pm, Sunday 7:00 am – 7:00 pm

For your safety and well-being, please be on time to take full advantage of what each class has to offer. Hotel & Cottage guests are welcomed to attend fitness classes for \$20-\$25 per class. Please note some specialty classes have unique costs associated. Call 912-638-5111 or ext. 5111 for reservations and more details.

Class Location

Upstairs

Fitness Studio= FS
Cycle Studio= CS

Other

Beach Club = BC
Rainbow Island = RI

Downstairs

Fitness Center Pool =
FCP
Pilates Studio = PS
Squash Courts = SQ
Water Atrium = WA
Yoga Studio = YS

* Fitness classes with asterisks require a reservation 24 hours in advance. Please call Reservations at 912-638-5111 or ext.5111

Aqua Fit: *45 minutes.* Meet at *Beach Club Pool* for a challenging, low impact and fun deep water workout! Improves strength and endurance. (BC)

Barre Class: *55 minutes.* Fast paced barre and mat work blending Lotte Berk® Method and ballet moves. (YS)

Beach Yoga: *60 minutes.* Join us for Saturday morning wake up practice. Enjoy the open ocean air, relax, breathe and play! Beach towels available for your practice. Suitable for all levels. Beach Club Access required. (BC)

Conditioning For Wellness: *55 minutes.* Incorporating elements of strengthening, cardio and mental relaxation; this class can be tailored to your desired intensity level and is great for all levels of fitness! (FS)

Cycle Circuit: *55 minutes.* High intensity intervals on the bike combined with strength and core challenge off the bike. Some classes may conclude with an additional 30 minute stretch. (CS)

Cycle Sculpt: *60 minutes.* This class combines the best of everything: Cycling, strength, core and flexibility. A variety of equipment is utilized for a full body workout. (CS)

Energizing Stretch: *50 minutes.* Come join us for this wake up stretch that will increase mobility! Great for pre or post workout.

Hard 'Core': *45 minutes.* Core focused training blending cardio, strength and balance. (FS)

Heated Yoga: *60 minutes.* Detoxify, re-energize, and ignite the body in the heated surroundings of our Water Atrium. (WA)

Indoor Cycle: *45 minutes.* A cycle odyssey for all levels combining various tempos and intervals. Non-impact (CS)

Intermediate Yoga: *90 minutes.* This challenging class builds endurance, strength and breath awareness. Yoga experience recommended. (YS)

K1 Conditioning: *60 minutes.* \$25 /person. A small class setting utilizing the Kinesis One and many other exercise techniques, to perform a total body workout. (FS)

Multi-Level Yoga: *60 minutes.* Take the next step in your yoga practice and allow our Instructors to offer options to evolve poses beyond your basic pose. (YS)

***Beginner's Pilates Reformer:** *55 minutes.* \$40./ per person. For Beginners. Learn the proper technique, alignment and core control while building strength, stamina and repertoire to participate in more advance classes

***Pilates Mixed Equipment:** *55 minutes.* \$40/ person. Instructor's choice class. A fun way to experience all of the equipment in the studio while receiving a total body workout. Prior experience required.(PS)

***Pilates Reformer:** *55 minutes.* \$40/ person. Using specialized Pilates equipment. The focus is on strengthening the core, joint mobility and stabilization, stretching and aligning the body. Prior experience required.(PS)

***Pilates Reformer Cardio Mix:** *55 minutes.* \$40/ person. Combo class that uses reformers and jumpboards that will challenge you and your heart rate. 30 minutes of work followed by a stretch. Prior experience required.(PS)

Power Flow Yoga: *60 minutes. Heated.* Challenge yourself in this Vinyasa power flow class in our heated water atrium. Yoga experience required (WA).

Restorative Stretch: *45 minutes.* A great way to end the day and improve flexibility, breathing and relaxation. (YS)

R & R Yoga: *90 minutes.* Restore and Relax with this gentle yoga practice designed for everyone. (YS)

Shallow Water Aerobics: *45 minutes.* Join us at the *Fitness Center Pool* for low impact water workout. (FCP)

Straight Up Circuit: *55 minutes.* A great free-weight workout that challenges the entire body in multiple circuit formats. (FS)

Strength & Stretch: *60 minutes.* Whole Body Workout designed to create Strength and Flexibility. Appropriate for all levels. (FS)

Strictly Strength: *55 minutes.* Using a multiple pieces of equipment, this class focuses on building the principles of strength. (FS)

Synergy HIIT: *45 minutes.* Push your heart rate to the max with this high intensity interval training (HIIT) class. (FS)

TRX Circuit: *55 minutes.* Make your fitness regimen more challenging and fulfilling using a wide variety of equipment including TRX, balls, bands, and bars. (FS)

Wake Up Call: *45 minutes.* Dynamic cardio and strength drills in a high intensity circuit format. (FS)

Yoga Foundations: *60 minutes.* For all levels of practitioners alike, this class focuses on the building blocks of a sound Vinyasa Yoga practice. (YS)