



August Sea Island Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 a.m.	Morning Xpress *Cycle	Morning Xpress *Wake-Up Call	Morning Xpress *Hard Core	Morning Xpress *Wake-Up Call	Morning Xpress *Synergy HIIT		
8 a.m.	Strictly Strength		Straight-Up Circuit		TRX Circuit		
8:30 a.m.	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit		
9 a.m.	Cycle Sculpt Pilates Reformer Energizing Morning Flow	Indoor Cycle Pilates Reformer Intermediate Yoga	Cycle Release Pilates Reformer Energizing Morning Flow	Cycle Sculpt Pilates Reformer Intermediate Yoga	Indoor Cycle Pilates Reformer Energizing Morning Flow	Indoor Cycle Weekend Flow and Unwind Yoga	
10 a.m.	Pilates Reformer	Strength and Stretch	Pilates Reformer	Strength and Stretch	Pilates Reformer	Pilates Reformer Hard Core	
11:15 a.m.	Barre Class		Barre Class		Barre Class		
3 p.m.							R&R Yoga
5:30 p.m.	Restorative Stretch						

Facility Hours: Monday - Friday 6 a.m. – 7 p.m., Saturday - Sunday 7 a.m. – 5 p.m.

For your safety and well-being, please be on time to take full advantage of what each class has to offer. Hotel and Cottage guests are welcomed to attend fitness classes for **\$20/class**. Please note some specialty classes have unique costs associated. See back for class descriptions. Class sizes are currently limited due to social distancing. Please call 912-634-4442 or ext. 4442 for reservations and more details.

Pilates

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

Pilates Reformer, Tower, and Mat Mix: 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.**

Pilates Reformer Cardio Mix: 55 minutes. \$40/person. Combo class that uses reformers and jump-boards to challenge you and your heart rate. 30-minutes of exercise followed by a stretch. **Prior experience required.**

Cardio

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

Morning Xpress: 30 minutes. High-intensity classes to start your day off right.

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

Cycle

Cycle Release: 60 minutes. High-intensity intervals on the bike followed by 30-minutes of muscle release training.

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.

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

Mind and Body

Energizing Morning Flow: 60 minutes. Designed to promote physical and mental well-being, using bodily postures, breathing techniques, and meditation. Appropriate for all levels.

Intermediate Yoga: 75 minutes. This challenging class builds endurance, strength, and breath awareness. **Yoga experience recommended.**

R & R Yoga: 90 minutes. Restore and relax with this gentle yoga practice designed for everyone.

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

Weekend Flow and Unwind Yoga: 75 minutes. Warm-up and loosen the body before settling into deeper stretches. Suitable for all levels, with modifications and advanced variations offered throughout the practice.

Strength

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

Hard Core: 45 minutes. Core-focused training blending cardio, strength, and balance.

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

Strength and Stretch: 60 minutes. Whole-body workout designed to create strength and flexibility. Appropriate for all levels.

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

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

Wake-Up Call: Dynamic cardio and strength drills in a high-intensity circuit format

Additional Services

Personal Training: Sea Island's certified Personal Trainers are able to deliver on every need, no matter the age or ability. 30-minute and 60-minute session available.

Cryotherapy: Improve your post-workout recovery with a 3-minute blast of cold air.



See the Fitness Front Desk for details.