# October Fitness Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>6:15 a.m.</td>
<td>Cycle Sculpt</td>
<td>Wake-Up Call</td>
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<td>Wake-Up Call</td>
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<tr>
<td>8:15 a.m.</td>
<td>Total-Body Strength</td>
<td>Outdoor Fit</td>
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<td>8:30 a.m.</td>
<td>Aqua Fit</td>
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<tr>
<td>9 a.m.</td>
<td>Cycle Sculpt and Roll</td>
<td>Indoor Cycle</td>
<td>Cycle Release</td>
<td>Cycle Sculpt and Roll</td>
<td>Indoor Cycle</td>
<td>Indoor Cycle</td>
<td>Weekend Flow and Unwind Yoga</td>
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<td>Pilates Reformer</td>
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<td>Pilates Reformer</td>
<td>Intermediate Yoga</td>
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<td>9:30 a.m.</td>
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<td>Shallow Water Aerobics</td>
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<td>10 a.m.</td>
<td>Pilates Reformer</td>
<td>Strength and Stretch</td>
<td>Pilates Reformer</td>
<td>Strength and Stretch</td>
<td>Pilates Reformer</td>
<td>Pilates Reformer</td>
<td>Hard Core</td>
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<tr>
<td>11:15 a.m.</td>
<td>Barre Class</td>
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<td>3 p.m.</td>
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<td>R&amp;R Yoga</td>
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<td>5:30 p.m.</td>
<td>Restorative Stretch</td>
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**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.**

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

**Cycle**

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

Cycle Sculpt: **40 minutes.** This class combines the best of everything: cycling, strength, core, and flexibility. A variety of equipment is utilized for a full-body workout.

Cycle Sculpt and Roll: **75 minutes.** This class combines cycling, strength training, core, and foam rolling for a total-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.

Outdoor Fit: **40 minutes.** Meet us at the Fitness Center lobby before heading out for a total-body workout on our beautiful campus.

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

Total-Body Strength: **40 minutes.** Total-body workout using a variety of equipment. Appropriate for all levels.

Wake-Up Call: **40 minutes.** 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.