## November 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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</thead>
<tbody>
<tr>
<td>6:15 a.m.</td>
<td>Cycle Sculpt</td>
<td>Wake-Up Call</td>
<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>
<td>Total-Body Strength</td>
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<td>Total-Body Strength</td>
<td>Outdoor Fit</td>
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<tr>
<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>
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<tr>
<td></td>
<td>Pilates Reformer</td>
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<td>Pilates Reformer</td>
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<td>Pilates Reformer</td>
<td>Pilates Reformer</td>
<td>Weekend Flow and Unwind Yoga</td>
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<td></td>
<td>Energizing Morning Flow</td>
<td>Intermediate Yoga</td>
<td>Energizing Morning Flow</td>
<td>Intermediate Yoga</td>
<td>Energizing Morning Flow</td>
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<tr>
<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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<td></td>
<td></td>
<td>Heated Yoga</td>
<td>Heated Yoga</td>
<td>Heated Yoga</td>
<td>Gentle Yoga Flow</td>
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<tr>
<td>11:15 a.m.</td>
<td>Barre Class</td>
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<td>Barre Class</td>
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<td>5:30 p.m.</td>
<td>Restorative Stretch</td>
<td>Restorative Stretch –</td>
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<td>Beginning Nov. 11</td>
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### Facility Hours: Monday - Friday 6 a.m. – 7 p.m., Saturday - Sunday 7 a.m. – 6 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. 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.**

**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.
- **Gentle Yoga Flow:** 75 minutes. A slow-paced moving practice, featuring calming poses with an emphasis on stretching and breathing.
- **Heated Yoga:** 60 minutes. Detoxify, re-energize, and ignite the body in the heated surroundings of the Water Atrium.
- **Intermediate Yoga:** 75 minutes. This challenging class builds endurance, strength, and breath awareness. **Yoga experience recommended.**
- **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.