



# January Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 a.m.	Cycle Sculpt		Wake-Up Call		Wake-Up Call		
8:15 a.m.	Total-Body Strength	Straight-Up Circuit	Total-Body Strength	Straight-Up Circuit	Total-Body Strength		
8:30 a.m.	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit		
9 a.m.	Cycle Sculpt and Roll Energizing Morning Flow	Indoor Cycle Pilates Reformer Intermediate Yoga	Cycle Release Pilates Reformer Energizing Morning Flow	Cycle Sculpt and Roll Pilates Reformer Intermediate Yoga	Indoor Cycle Pilates Reformer Energizing Morning Flow	Indoor Cycle Weekend Flow and Unwind Yoga	
9:30 a.m.		Heated Yoga					
10 a.m.	Pilates Reformer Heated Yoga	Strength and Stretch	Pilates Reformer Heated Yoga	Strength and Stretch Heated Yoga	Pilates Reformer Gentle Yoga Flow	Pilates Reformer Hard Core	
11:15 a.m.	Barre Class		Barre Class		Barre Class		
4:00 p.m.	Restorative Stretch		Restorative Stretch				R&R Yoga
5:30 p.m.	Restorative Stretch		Restorative Stretch				

**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. \$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.**

## 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 and 90 minute practice offerings. 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.

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

**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.

**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.