



September Fitness Schedule

Facility Hours: Monday - Friday 6 a.m. – 7 p.m.

Saturday - Sunday 7 a.m. – 6 p.m.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 a.m.	Cycle Sculpt		Wake-Up Call		Wake-Up Call		
7:00 a.m.				Row Fit Circuit			
8:15 a.m.	Total-Body Strength	Straight Up Circuit	Total-Body Strength	Straight Up Circuit	Total-Body Strength	Outdoor Fit	
8:30 a.m.	Aqua Fit	Aqua Fit Intermediate Yoga	Aqua Fit	Aqua Fit Intermediate Yoga	Aqua Fit	Weekend Flow & Unwind Yoga	
9 a.m.	Cycle Sculpt & Roll Pilates Reformer Heated Yoga	Indoor Cycle Pilates Reformer Heated Yoga	Cycle Release Pilates Reformer Heated Yoga	Cycle Sculpt & Roll Pilates Reformer Heated Yoga	Indoor Cycle Pilates Reformer Heated Yoga	Indoor Cycle Pilates Reformer	
10 a.m.	Pilates Reformer Energizing Morning Flow	Pilates Reformer Strength & Stretch	Pilates Reformer Energizing Morning Flow	Pilates Reformer Strength & Stretch	Pilates Reformer Energizing Morning Flow	Pilates Reformer Hard Core Energizing Stretch	
11:15 a.m.	Barre Class		Barre Class	Yoga Sculpt	Barre Class		
4:00 p.m.	Restorative Stretch						R&R Yoga
5:30 p.m.	Evening Stretch		Evening Stretch				

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. *Complimentary Classes

Pilates

All Pilates Classes \$40/person
Prior experience required.



Pilates Reformer: 55 minutes.  

Using specialized Pilates' equipment, focus on strengthening the core, joint mobility, stabilization, stretching, and aligning the body.

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 & 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.



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.**

Intensity Level

Low - Moderate Intensity 

Moderate - High intensity  



Mind and Body

Energizing Morning Flow: 55 minutes. 

Designed to promote physical and mental well-being, using bodily postures, breathing techniques, and meditation. Appropriate for all levels.

Evening Stretch: 45 minutes. 

Unwind from the day with exercises to increase flexibility and mobility.

Heated Yoga: 60/75 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.**

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.

Sunrise Flow: 50 minutes. 

Begin your day with a practice to promote physical and mental well-being: using body postures, breathing techniques, and meditation. Appropriate for all levels.



Weekend Flow & Unwind Yoga: 75 minutes.  

Warm-up and loosen the body before settling into deeper stretches. Suitable for all levels.



Yoga Sculpt: 45 minutes.  

Boost metabolism and build lean muscle mass by combining free weights, strength training and cardio to intensify yoga poses.



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.

Row Fit Circuit: 50 minutes. \$20/person  

A small group class designed to take your fitness to the next level, utilizing rowers, TRX, kettle bells, and many other exercises techniques.

Strength & 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.

Straight-Up Circuit: 40 minutes.  

A great total-body workout that combines free weight and body weight exercises in a high-intensity circuit format.

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.