



May Fitness Schedule

Facility Hours: Monday - Friday 6 a.m. – 8 p.m.

Saturday - Sunday 7 a.m. – 6 p.m.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 a.m.	Cycle Sculpt	HIIT Up!	Wake-Up Call	HIIT Up!	Wake-Up Call		
7:15 a.m.		HIIT Up!		HIIT Up!			
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 (Fitness Pool) 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 TRX	Pilates Reformer Strength & Stretch	Pilates Reformer Energizing Morning Flow TRX	Pilates Reformer Hard Core Energizing Stretch	
11:00 a.m.		Pilates Reformer		Pilates Reformer			
11:15 a.m.	Barre Class		Barre Class		Barre Class		
1:00 p.m.							Vinyasa Yoga
2:15 p.m.							HITT Yoga
4:00 p.m.	Restorative Stretch		Restorative Stretch				
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. Please call 912-634-4442 or ext. 4442 for reservations and more details.

*Any cancellation made less than 24 hours in advance will result in the full cost of the service or class, plus the 24% service charge and tax.

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. 🌟

Meets at *Beach Club Pool or Fitness Pool* for a challenging, low-impact and fun workout! Improves strength and endurance. Beach Club access required.

HIIT Up! 45 minutes 🌟 🌟

High-Intensity circuit drills followed by a 15 minute Stretch to start your day.

****Group fitness classes will begin promptly at the designated time. Participants will be counted as a "No Show" and waitlisted individuals will be**

Mind and Body

Energizing Morning Flow: 55 minutes. 🌟

Designed to promote physical and mental well-being, Combination of standing and mat postures. 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 a heated space. Yoga experience is required.

HIIT Up! 45 minutes. 🌟 🌟

High-Intensity circuit drills followed by a 15 minute Stretch to start your day.

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 & Unwind Yoga: 75 minutes. 🌟 🌟

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

Vinyasa Flow: 45 minutes. 🌟 🌟

High Energy flow allows you to become centered, build strength, and increase flexibility

Yoga HIIT: 45 minutes. 🌟 🌟

A combination of high intensity cardio based flows and slow flow stretches to get your heart pumping and releases tension from your body

Intensity Level

Low - Moderate Intensity 🌟
Moderate - High intensity 🌟 🌟

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.

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.



Somadome meditation pod that uses light and sound to promote balance of mind, body, and spirit

See our Fitness Coordinators for more information