



## MARCH FITNESS SCHEDULE

| TIME       | MONDAY   | TUESDAY   | WEDNESDAY                                       | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY              |
|------------|--|---|---|---|---|---|---------------------|
| 6:15 a.m.  | Cycle Sculpt   |   | Wake-Up Call                                    |   | Wake-Up Call                                    |   |                     |
| 8 a.m.     | Heated Vinyasa Yoga  | Heated Vinyasa Yoga                             | Pilates Reformer<br>Heated Vinyasa Yoga         | Heated Vinyasa Yoga                                       |   |   |                     |
| 8:15 a.m.  | Total-Body Strength  | Straight Up Circuit                             | Total-Body Strength<br>Power Hour               | Straight-Up Circuit                                       | Total-Body Strength<br>Power Hour               |   | Restorative Stretch |
| 8:30 a.m.  | Aqua Fit   | Intermediate Yoga<br>Aqua Fit                   | Aqua Fit  | Intermediate Yoga<br>Aqua Fit                             | Aqua Fit  | Weekend Flow  |                     |
| 9 a.m.     | Cycle, Sculpt, and Roll<br>Pilates Reformer<br>Heated Yoga | Indoor Cycle<br>Pilates Reformer<br>Heated Yoga | Indoor Cycle<br>Pilates Reformer<br>Heated Yoga | Cycle, Sculpt and Roll<br>Pilates Reformer<br>Heated Yoga | Indoor Cycle<br>Pilates Reformer<br>Heated Yoga | Zumba Cardio<br>Indoor Cycle<br>Pilates Reformer    | Indoor Cycle        |
| 10 a.m.    | Pilates Reformer   | Pilates Reformer<br>Strength and Stretch        | Pilates Reformer                                | Pilates Reformer<br>Strength and Stretch                  | Pilates Reformer                                | Pilates Reformer<br>Hard Core<br>Realign and Unwind | Hard Core           |
| 10:15 a.m. | Energizing Morning Flow<br>Strength and Stretch            |   | Energizing Morning Flow                         |   | Energizing Morning Flow                         |   |                     |
| 11 a.m.    |  | Pilates Reformer                                |   | Pilates Reformer  |   |   |                     |
| 11:15 a.m. | Barre  |   | Barre   |   | Barre   |   |                     |
| 4 p.m.     | Restorative Stretch  | Power Hour                                      | Restorative Stretch                             | Power Hour  |   |   |                     |
| 5:30 p.m.  |  |   | Zumba Cardio                                    |   |   |   |                     |

Monday through Friday: 6 a.m. – 8 p.m. | Saturday and Sunday: 7 a.m. – 6 p.m.

*Classes begin promptly, so please arrive at designated time. Participants counted as "No Show," and waitlisted individuals granted access in their place, if not present within 5-minutes of start time.*

*Sea Island guests are welcome to attend fitness classes for \$20/class or as otherwise noted. 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.*

## STRENGTH

### **Barre:** 55 mins ●●

Enjoy this high intensity barre and mat work blending Lotte Berk® method in addition ballet body movements.

### **Strength and Stretch:** 55 mins ●○

A low-impact total body movement workout that focuses on increasing overall strength and flexibility as well as highlighting some key movements that help recover with stretching.

### **Straight-Up Circuit:** 45 mins ●●

Join in this high intensity full body workout that focuses on overall endurance and strength. Be built into the next level with this circuit format program designed to push you to your goals. All levels welcomed.

### **Wake-Up Call:** 40 mins ●●

Join the sunrise with this dynamic high intensity circuit class designed to enhance cardio and overall strength.

### **Total-Body Strength:** 40 mins ●●

Using a variety of equipment, this class is designed to experience a full body workout while building on your overall strength.

### **Hardcore:** 45 mins ●●

Work your core with this focused training blending cardio, strength, and balance.

### **Power Hour:** 45 mins ●●

Full body power-focused session that will enhance your cardio and increase your strength while using the most effective movements to maximize your workout.

- Low to Moderate Intensity
- Moderate to High Intensity

## MIND AND BODY

### **Energizing Morning Flow:** 60 mins ●○

Multi-level flowing class that is designed to direct the body movements through poses and develop the connection with breath.

### **Heated Yoga:** 60 mins ●●

Experience the beautiful, heated atrium as you level up your energy and release stress.

**Experience required.**

### **Intermediate Yoga:** 75 mins ●●

Building a stronger body connection with endurance, strength, and breath awareness.

**Experience recommended.**

### **Realign and Unwind:** 45 mins ●○

Warm-up and release the body as you begin settling into deeper stretches for recovery and development of flexible. Suitable for all levels.

### **Weekend Flow:** 75 mins ●○

Multi-level flowing class that is designed to direct the body movements through poses and develop the connection with breath.

### **Restorative Stretch:** 60 mins ●○

Improve mobility and flexibility with the method of assisted stretching techniques.

### **Heated Vinyasa Yoga:** 45 mins ●○

Multi-level practice that connects movement of the body and breathing.

## CYCLE

### **Cycle Sculpt:** 40 mins ●●

A high intensity combination of cycling, strength training, and core activation.

### **Cycle, Sculpt, and Roll:** 75 mins ●●

A full-body workout combining cycling, strength training, and core activation. Followed by recovery utilizing foam rolling.

### **Indoor Cycle:** 45 mins ●●

Tour across various tempos, resistance and intervals in this low-impact cycle workout.

## ADDITIONAL SERVICES

### **Cryotherapy:** 15 mins

Whole-body cryotherapy where cold temperatures will harmonize with your body's natural healing processes, alleviating arthritis pain, soothing nerve irritation, and reducing inflammation.

### **M.A.T.: 60 mins**

Our M.A.T. Specialist will focus on restoring symmetry and balance to the body by increasing your overall strength and flexibility while reducing muscular imbalances.

### **Personal Training:** 30 or 60 mins

Allow our personal trainers to help construct a tailored and effective routine to increase mobility, stability, and overall improved health.

### **Private Yoga Session:** 30 or 60 mins

Focus on unique personal needs and targets as you combine physical postures, breathing techniques and meditation or relaxation in this private session.

### **Pilates Private Session:** 30 or 60 mins

Personally instructed through a series of non-impact exercises that will help develop strength, flexibility, balance, and awareness.

## CARDIO

### **Aqua Fit:** 45 mins ●○

Enjoy a low-impact, high energy full body strength training aqua class while enjoying the wonderful pool amenities at the Beach Club.

**Access required.**

### **Zumba Cardio:** 60 mins ●●

Jump into a Latin-inspired dance program designed for increase cardio and toning.

### **Pilates Reformer:** 55 mins ●○

Our Pilates specialist directs you within a low-impact total body workout designed to increase cardio, strength, boost flexibility, balance, posture, and coordination.

**Experience required. \$40/class.**