

## SPECIAL EVENTS

### Red, White, and Blue Family Fun Run:

July 2 • 8:30 a.m.

### Firecracker 5K:

July 3 • 8:30 a.m.

### Dance Fitness:

July 3 • 11 a.m.



## JULY FITNESS SCHEDULE



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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 a.m.	Cycle Sculpt	Sunrise Sweat	Wake-Up Call	Sunrise Sweat	Wake-Up Call		
8 a.m.	Heated Vinyasa Yoga	Heated Vinyasa Yoga	Heated Mat Pilates	Heated Vinyasa Yoga	Heated Vinyasa Yoga	Heated Mat Pilates	
8:15 a.m.	Total-Body Strength	Straight Up Circuit	Total-Body Strength	Straight-Up Circuit	Total-Body Strength	Weekend Wake-up	
8:30 a.m.	Aqua Fit	Intermediate Yoga Aqua Fit	Aqua Fit Gentle Flow Yoga	Intermediate Yoga Aqua Fit	Aqua Fit	Weekend Flow	
9 a.m.	Cycle, Sculpt, and Roll Pilates Reformer Heated Yoga Beach Body	Indoor Cycle Pilates Reformer Heated Yoga	Indoor Cycle Pilates Reformer Heated Yoga Beach Body	Cycle, Sculpt and Roll Pilates Reformer Heated Yoga	Indoor Cycle Pilates Reformer Heated Yoga fAB Fridays	Beach Yoga Indoor Cycle	
10 a.m.	Pilates Reformer	Pilates Reformer Strength and Stretch	Pilates Reformer Barre	Pilates Reformer Strength and Stretch	Pilates Reformer Barre	Hard Core Realign and Unwind	
10:15 a.m.	Strength and Stretch						
11 a.m.	Barre	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer		
2 p.m.			Junior Performance			Junior Performance	
4 p.m.	Restorative Stretch	Full-Body Sculpt	Restorative Stretch	Beginner Pilates Mindful Stretch			

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

Classes limited to 15 participants, unless otherwise stated.

*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.*

## MIND AND BODY

### Heated Yoga: 60 mins ●●

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

### Intermediate Yoga: 75 mins ●●

Build a strong 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: 45 mins ●○

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

### Mindful Stretch: 45 mins ●○

Gentle stretching, breathing techniques and guided relaxation to promote physical and mental well-being.

### Heated Vinyasa Yoga: 45 mins ●○

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

### Gentle Flow Yoga: 75 mins ●○

A practice for all levels, that focuses on the building blocks of sound Vinyasa Flow.

### Beach Yoga: 45 mins ●○

Enjoy the open ocean air, relax, breathe, and play. Beach towels available for your practice. Takes place at Sea Island Beach Club. Suitable for all levels.

## CARDIO

### Aqua Fit: 45 mins ●○

Enjoy a low-impact, high energy full body strength training aqua class at the Beach Club. **Access required.**

### Pilates Reformer: 55 mins ●○

A low-impact total body workout designed to increase cardio, strength, boost flexibility, balance, posture, and coordination. **Class limited to 5 participants. Experience required. \$40/class.**

### Beginner Pilates: 55 mins ●○

Learn form, safety, and proper techniques on the reformer. **Class limited to 5 participants. \$40/class.**

### Heated Mat Pilates: 45 mins ●●

Use heat and classic pilates moves to build core strength, improve flexibility, and boost intensity.

## ADDITIONAL SERVICES

### Cryotherapy: 15 mins

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

### Personal Training: 30 or 60 mins

Our personal trainers will construct a tailored 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

A series of non-impact exercises that will help develop strength, flexibility, balance, and awareness.

### Assisted Stretching: 30 or 60 mins

Help improve mobility, performance, and reduce risk of injury with stretching led by a certified provider.

### Junior Performance: 45 mins ●● Ages 10-15 / \$25

Young athletes will build strength, balance, and coordination while learning proper form and posture.

## 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 foam rolling.

### Indoor Cycle: 45 mins ●●

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

## SPECIAL EVENTS

### Red, White, and Blue Family Fun Run

July 2, 2025 • 8:30 a.m. • Complimentary

Join us for a fun one-mile jog down the beach! All ages welcome. Reservations required.

### Firecracker 5K

July 3, 2025 • 8:30 a.m. • \$65+

Race down the beautiful palm-lined drive. T-shirt and light breakfast included. Reservations required.

### Dance Fitness

July 3, 2025 • 11 a.m.

Sign up available at the Fitness Center front desk.

## 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 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 ●●

This high intensity full body workout focuses on overall endurance and strength and is 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 ●●

This class is designed to experience a full body workout while building on your overall strength.

### Hard Core: 45 mins ●●

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

### Sunrise Sweat: 45 mins ●●

Combines strength building movements and focused actions that allow full body engagement.

### Weekend Wake-up: 45 mins ●●

Enhance balance, core, stability and overall strength by incorporating strength, mobility, and core exercises.

### Beach Body: 40 mins ●●

Join us for a upbeat class that focuses on enhancing a strong core while also strengthen you lower body.

### fAB Fridays: 40 mins ●●

Core strengthen class focuses on sculpting and toning your abs.

### Full-Body Sculpt: 45 mins ●○

Using dynamic resistance and functional moves, you'll build strength, endurance, and definition.

●○ Low to Moderate Intensity

●● Moderate to High Intensity

