

AUGUST FITNESS SCHEDULE



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| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|--|---|---|--|--|---|--------|
| 6:15 a.m. | Cycle Sculpt | | 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 | Indoor Cycle | |
| 10 a.m. | Pilates Reformer | Pilates Reformer Strength and Stretch | Pilates Reformer Barre | Pilates Reformer Strength and Stretch | Pilates Reformer Barre | Pilates Reformer Hard Core Realign and Unwind | |
| 10:15 a.m. | Strength and Stretch | | | | | | |
| 11 a.m. | Barre | Pilates Reformer | Pilates Reformer | Pilates Reformer | Pilates Reformer | | |
| 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.

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.

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.

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