November Fitness Schedule

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Sea Island®
FITNESS CENTER

Special Events

Thanksgiving 5K: SOLD OUT
November 26 • 8:30 a.m.

Turkey Burn HIIT: 60 mins • $30+
November 27 • 10 a.m.

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 Mat Pilates	Heated Vinyasa Yoga	Heated Mat Pilates	Heated Vinyasa Yoga		
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	Aqua Fit Intermediate Yoga	Aqua Fit	Aqua Fit Intermediate Yoga	Aqua Fit Yoga Flow (11/27 Only)	Yoga Flow	
9 a.m.	Cycle, Sculpt, and Roll Pilates Reformer Heated Yoga	Pilates Reformer Heated Yoga	Indoor Cycle Pilates Reformer Heated Yoga	Cycle, Sculpt, and Roll Pilates Reformer Heated Yoga	Pilates Reformer Heated Yoga	Indoor Cycle	
10 a.m.	Pilates Reformer	Pilates Reformer Strength and Stretch	Pilates Reformer Pilates Sculpt	Pilates Reformer Strength and Stretch	Pilates Reformer Pilates Sculpt Strength and Stretch (No class on 11/27)	Hard Core Realign and Unwind	
10:15 a.m.	TRX						
11 a.m.	Pilates Sculpt	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	
4 p.m.	Restorative Stretch		Restorative Stretch	Restorative 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 $25/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.***

Restorative Stretch: *45 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.

Yoga Flow: *60 mins* ●○
A practice for all levels, that focuses on the building blocks of sound Vinyasa Flow. ***(Additional class on 11/27)***

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

Pilates Sculpt: *55 mins* ●●
Enjoy this high intensity class blending Pilates and Barre Sculpt 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. ***(No class on 11/27)***

TRX: *45 mins* ●○
Full body workout using TRX suspension straps and various other equipment to build strength, improve balance, and enhance core stability.

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.

●○ Low to Moderate Intensity
●● Moderate to High Intensity

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.***

Heated Mat Pilates: *45 mins* ●●
Use heat and classic pilates moves to build core strength, improve flexibility, and boost intensity.

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

Thanksgiving 5K: SOLD OUT
November 26 • 8:30 a.m.
T-shirt and light breakfast included.
Reservations required.

Turkey Burn HIIT: 60 mins • $30+
November 27 • 10 a.m.
Kickstart your morning with a dynamic workout designed to elevate your fitness to the next level and target all major muscle groups. (No member discount on class)