



SEASCOPE SPORTS CLUB • GROUP FITNESS SCHEDULE • JUNE 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM Studio 1		FITT Moe		FITT Moe	NOTE: Wed 10:30am Stretch Meditation will meet every other week starting 6/6. Wed 4:30pm FITT will start 6/13.		
8:00 AM Studio 1	Zumba Coleen	Cardio Sculpt Bev	Zumba Toning Kelly	Cardio Kickbox Maria	Zumba Kelly	Zumba Chris	Zumba Andrea
Studio 2	Yoga Laura	Balance Barre Anna	Yoga Pia	Balance Barre Anna	Yoga Laura	Yoga Jen	Yoga Kathryn
9:15 AM Studio 1	TBC Amanda	Cardio Dance Shira	TBC Mara	Cardio Dance Shira	TBC Plus Maria	Pilates Mara	FITT Denise
Studio 2	Group Cycle* Denise	QiYoga Margaret	Group Cycle* Denise	QiYoga Margaret	Group Cycle* Jeanne		
10:30 AM Studio 1	Pilates Molly	Pilates Michelle	FITT Denise	Pilates Mara	Pilates Jeanne	Yoga Pia (75 mins)	Yoga Sandy (75 mins)
Studio 2	Stretch Meditation Denise	Restorative SMFR Margaret Circuits Barbara	Stretch Meditation Wendy	Restorative SMFR Margaret Circuits Kelly	Stretch Meditation Wendy	Balance Barre Mara Circuits Barbara	Pilates Christy
11:30 AM Studio 1-2	Yoga Martha		Yoga Wendy		Yoga Wendy		
MASTERS SWIM Tues/Thurs 6:30 am: Roger Mon/Fri 3:30 pm: Laura				AQUA CLASSES MON – SAT at 9am Mon: Ann • Tues: Laurel • Wed: Ann Thurs: Mara • Fri: Elyse • Sat: Elyse		Hours of Operation and Fees Monday – Friday: 5:30 am – 9 pm Saturday/Sunday: 7am – 7pm ChildCare Hours _____ Monday – Thursday: 8 am – 6 pm Friday: 8 am – 2 pm Saturday/Sunday: 10 am – 3 pm Class Fees _____ Member – \$5 day or \$15 per month Non-member – \$25 day or \$79 month Seascope Beach Resort Guests – Free	
4:30 PM Studio 1	FITT Denise	Zumba Lenise	FITT Jeanne	Zumba Coleen	 		
5:45 PM Studio 1	TBC Pilates Christy	Body Sculpt Maria	TBC Pilates Mara	Body Sculpt Amanda			
6:30 PM Studio 2	Yoga Kim	Yoga Stretch Meditation Denise	Yoga Sandy	Warm Yoga Bobby			

CLASS DESCRIPTIONS

Denise Russo, Group Fitness Director

NON MEMBERS WELCOME!

Aqua: A great cardiovascular way to build muscle tone without impacting your joints.

Balance Barre: *body-toning* with a focus on small, intense movements, combining yoga, Pilates and dance. All levels.

Body Sculpt: Complete body resistance training with a focus on improving strength.

Cardio Sculpt: Resistance and cardio training. All levels.

Cardio Dance: Aerobic dance workout with monthly choreography change. Beginning to intermediate levels.

Cardio Kickbox: Cardio workout including kickboxing moves. All levels.

Circuits: Provides an introduction to the fitness equipment. All levels.
Held next to Studio 2.

FITT (Functional Interval Team Training): Instructors will guide you through strength exercises and intervals that train you for the movement in your life and boost your metabolism. Focus is on learning proper technique. Modifications provided.

Group Cycle: Ultimate cardio-respiratory workout.

Masters Swim: Open to accomplished swimmers dedicated to improving their fitness.

Pilates: Strengthen core muscles and improve overall balance and flexibility. All levels.

QiYoga: includes our flowing yoga with a series of QiGong

Restorative SMFR: This foam rolling self-myofascial release class is perfect for all levels of fitness, especially those who need to dedicate time to the stretching and recovery of muscles.

Stretch Meditation: Begins with stretching to improve overall flexibility and ends with guided meditation/relaxation. Participants may attend stretch only (first 30 minutes) or meditation only, (last 25 minutes), or both. Yoga version may include some extended yin yoga poses.

TBC (Total Body Conditioning): Balance, resistance and flexibility training. May use sticky mat. Beginning to intermediate levels. **TBC Plus:** Resistance training class with focus on strength. All levels. No sticky mat required.

TBC Pilates: Complete body workout with an emphasis on core strengthening. Includes stretching.

Yoga: Classes are a combination of flowing movements and held poses, all focusing on breathing technique. Modifications are offered for any movement so that each individual can have the practice that meets their need, with support from our highly-trained instructor.

Zumba: High energy dance workout. All levels. **Zumba Toning:** Includes resistance training with light weights. All levels

*** Members may reserve 24 hours in advance**

Note: All Warm Classes are in Studio 2 with a room temperature of approximately 80–90 degrees.