



SEASCOPE SPORTS CLUB • GROUP FITNESS SCHEDULE • FEBRUARY 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--|--|---|--|---|---|---|--|--|
| 6:00 AM Studio 2 | FITT Moe (Studio 1) | FITT Moe (Studio 1) | Balance Barre (6:30) Emily | FITT Moe (Studio 1) | Join one of our "Before The Fall" classes, QiGong and Balance Barre, with a focus on fall and injury prevention | | | |
| 8:00 AM Studio 1 | Zumba Coleen | Cardio Sculpt Bev | Zumba Toning Kelly | Cardio Kickbox Maria | Zumba Kelly | Zumba Chris | QiGong/Tai Chi Kathryn | |
| Studio 2 | Yoga Level 1 Laura | Cycle Barre Sonia | Yoga Level 1/2 Pia | Cycle Strong Sonia | QiGong/Tai Chi Roxanne | | | |
| 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 Level 1 Margaret | Group Cycle Denise | QiYoga Level 1 Margaret | Group Cycle Roxanne | | Balance Barre Christy | |
| 10:30 AM Studio 1 | FITT Maria | Pilates Michelle | FITT Denise | Pilates Mara | FITT Jeanne | Yoga Level 1 Pia (75 mins) | Yoga Level 1 Sandy (75 mins) | |
| Studio 2 | Stretch Meditation Denise | | Stretch Meditation Wendy | Circuits Kelly / Wendy | Yoga Level 2/3 Wendy | Balance Barre Mara | Pilates Christy | |
| 11:30 AM Studio 1-2 | Yoga Level 2 Martha (Studio 2) | | Yoga Levels 2/3 Wendy (Studio 2) | Yoga Levels 1/2 Mara (Studio 1) | Roll Long & Strong Christy (Studio 1) | Hours of Operation and Fees Monday – Friday: 5:30 am – 9 pm Saturday/Sunday: 7am – 7pm | | |
| MASTERS SWIM Tues / Thurs 6:30 am: Roger Mon / Wed 6:00 pm: Laura | | AQUA CLASSES MON – SAT at 9am Mon: Ann • Tues: Laurel • Wed: Ann Thurs: Mara • Fri: Elyse • Sat: Elyse | | | Stretch Meditation Wendy (Studio 2) | | ChildCare Hours Monday – Thursday: 8 am – 4 pm Friday: 8 am – 2 pm Saturday/Sunday: 12 pm – 3 pm | |
| 5:30 PM Studio 1 | Pilates Christy | Body Sculpt Maria | Pilates Mara | Body Sculpt Amanda | | | | |
| Studio 2 | Cycle Strong Moe | | Group Cycle Roxanne | | | | | |
| 6:45 PM Studio 2 | Yoga Level 1 Kim | Stretch Meditation Denise | Yoga Level 1 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. Members may reserve in advance.

HIIT & Strong: Includes both interval and strength training, for advanced participants.

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. Members may reserve in advance. **Cycle Strong** includes intervals of resistance training for a full cardio/strength workout. **Cycle Barre** includes Barre training.

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

QiGong/Tai Chi: Balance and mind-body connection.

Roll Strong & Long: Rolling classes include the use of our new foam rollers, in addition to strengthening and stretching. This is a perfect class for those with tight muscles.

Stretch Meditation: Begins with stretching to improve overall flexibility and ends with guided meditation/relaxation. Welcome to attend stretch only (first 30 minutes) or meditation only, (last 25 minutes), or both.

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.

Yoga: Flowing technique. Level 1: No experience necessary. Level 2: Some recommended. Level 3: Experience recommended, includes Vinyasa and Power.

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

Notes: All Warm Classes are in Studio 2 with a room temperature of approximately 80–90 degrees. Reservations are available for all classes. Reservations available up to 24 hours in advance for members only at a rate of \$5 per class. No reservations allowed less than 24 hours in advance.