



# SEASCOPE SPORTS CLUB • GROUP EXERCISE SCHEDULE • NOVEMBER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Studio 1		<b>FITT</b> Haley		<b>FITT</b> Haley		<b>Veterans Day, 11/12, No Evening Classes</b> <b>Thanksgiving Day, 11/22, No Classes</b>	
8:00 AM Studio 1	<b>Zumba</b> Coleen	<b>Cardio Sculpt</b> Bev	<b>Zumba Toning</b> Kelly	<b>Cardio Kickbox</b> Maria	<b>Zumba</b> Kelly	<b>Zumba</b> Chris	<b>Zumba</b> Andrea
Studio 2	<b>Yoga</b> Laura	<b>Balance Barre</b> Anna	<b>Yoga</b> Pia	<b>Balance Barre</b> Anna	<b>Yoga</b> Laura	<b>Yoga</b> Jen	<b>Yoga</b> Kathryn
9:15 AM Studio 1	<b>TBC</b> (Anna)	<b>Cardio Dance</b> Barbara	<b>TBC</b> Mara	<b>Cardio Dance</b> Shira	<b>TBC Plus</b> Maria	<b>Pilates</b> Mara	<b>FITT</b> Denise
Studio 2	<b>Group Cycle*</b> Denise	<b>Yoga</b> Margaret	<b>Cycle FITT*</b> Denise	<b>Yoga</b> Margaret	<b>Group Cycle*</b> Jeanne		<b>Balance Barre</b> Christy
10:30 AM Studio 1	<b>Pilates</b> Molly	<b>Pilates</b> Mara	<b>FITT</b> Denise	<b>Pilates</b> Mara	<b>Pilates</b> Jeanne	<b>Yoga</b> Pia (75 mins)	<b>Yoga</b> Sandy (75 mins)
Studio 2	<b>Stretch Meditation</b> Denise	<b>Restorative SMFR</b> Christy <b>Circuits</b> Barbara	<b>Stretch Meditation</b> (Margaret)	<b>Restorative SMFR</b> Christy <b>Circuits</b> Kelly	<b>Stretch Meditation</b> (Pia)	<b>Balance Barre</b> Mara	<b>Pilates</b> Christy
11:30 AM Studio 1-2	<b>Yoga</b> Martha		<b>Yoga</b> (Margaret)		<b>Yoga</b> (Pia)		
		<b>MASTERS SWIM</b> Tues / Thurs 6:30 am: Roger Mon / Fri 3:30 pm: Laura		<b>AQUA CLASSES MON – SAT at 9am</b> Mon: Ann • Tues: Laurel • Wed: Ann Thurs: Mara • Fri: Elyse • Sat: Elyse			
4:30 PM Studio 1	<b>FITT</b> Grace	<b>Zumba</b> Lenise	<b>FITT</b> Jeanne		  		
5:30 PM Studio 1-2	<b>TBC Pilates</b> Christy	<b>Body Sculpt</b> Maria	<b>TBC Pilates</b> Mara	<b>Body Sculpt</b> Molly			
6:30 PM Studio 2	<b>Yoga</b> Kim	<b>Warm Yoga</b> Jen	<b>Yoga</b> Sandy	<b>Warm Yoga</b> Molly			
						<b>Hours of Operation and Fees</b> Monday – Friday: 5:30 am – 9 pm Saturday/Sunday: 7am – 7pm <b>ChildCare Hours</b> Monday – Thursday: 8 am – 6 pm Friday: 8 am – 2 pm Saturday/Sunday: 10 am – 3 pm <b>Class Fees</b> Member – \$5 day or \$15 per month Non-member – \$25 day or \$79 month <b>Seascope Beach Resort Guests – Free</b>	

## CLASS DESCRIPTIONS

Haley Kepler, Fitness Manager

## 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.

**QiBarre:** This class combines the popular QiGong format with work at the Barre. Focus is on balance and strength and open to 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 mediation 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.*