



SEASCOPE SPORTS CLUB • GROUP FITNESS SCHEDULE • APRIL 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday*
5:45 AM Studio 2		FITT <i>Moe (Studio 1)</i>		FITT <i>Moe (Studio 1)</i>	*Please note: Easter Sunday, April 1 classes are cancelled except for the 10:30am Yoga Class		
8:00 AM Studio 1	Zumba <i>Coleen</i>	Cardio Sculpt <i>Bev</i>	Zumba Toning <i>Kelly</i>	Cardio Kickbox <i>Maria</i>	Zumba <i>Kelly</i>	Zumba <i>Chris</i>	Zumba* <i>Andrea</i>
Studio 2	Yoga <i>Laura</i>	Balance Barre <i>Anna</i>	Yoga <i>Pia</i>	Balance Barre <i>Anna</i>	Yoga <i>Laura</i>		
9:15 AM Studio 1	TBC <i>Amanda</i>	Cardio Dance <i>Shira</i>	TBC <i>Mara</i>	Cardio Dance <i>Shira</i>	TBC Plus <i>Maria</i>	Pilates <i>Mara</i>	FITT* <i>Denise</i>
Studio 2	Group Cycle <i>Denise</i>	QiYoga Level 1 <i>Margaret</i>	Group Cycle <i>Denise</i>	QiYoga Level 1 <i>Margaret</i>	Group Cycle <i>Jeanne</i>		Balance Barre* <i>Christy</i>
10:30 AM Studio 1	FITT <i>Maria</i>	Pilates <i>Michelle</i>	FITT <i>Denise</i>	Pilates <i>Mara</i>	FITT <i>Jeanne</i>	Yoga <i>Pia (75 mins)</i>	Yoga <i>Sandy (75 mins)</i>
Studio 2	Stretch Meditation <i>Denise</i>	Yoga Roll <i>Margaret</i>	Stretch Meditation <i>Wendy</i>	Yoga Roll <i>Margaret</i> Circuits <i>Kelly/Wendy</i>	Stretch Meditation <i>Wendy</i>	Balance Barre <i>Mara</i>	Pilates* <i>Christy</i>
11:30 AM Studio 1-2	Yoga <i>Martha (Studio 2)</i>	QiGong/Tai Chi <i>Kathryn (Studio 1)</i>	Yoga <i>Wendy (Studio 2)</i>	Yoga <i>Mara (Studio 1)</i> QiGong/Tai Chi <i>Kathryn (Studio 2)</i>	Yoga <i>Wendy (Studio 2)</i>		12:00 PM QiGong/Tai Chi* <i>Kathryn (Studio 1)</i>
		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			
5:30 PM Studio 1	TBC Pilates <i>Christy</i>	Body Sculpt <i>Maria</i>	TBC Pilates <i>Mara</i>	Body Sculpt <i>Amanda</i>			
Studio 2							
6:45 PM Studio 2	Yoga <i>Kim</i>	Stretch Meditation <i>Denise</i>	Yoga <i>Sandy</i>	Warm Yoga <i>Bobby</i>			
Hours of Operation and Fees Monday – Friday: 5:30 am – 9 pm Saturday/Sunday: 7am – 7pm ChildCare Hours Monday – Thursday: 8 am – 4 pm Friday: 8 am – 2 pm Saturday/Sunday: 12 pm – 3 pm Class Fees Member – \$5 day or \$12 per month Non-member – \$25 day or \$70 month <i>Note: Class Fees will be increased next month</i> Seascope Beach Resort Guests – Free							

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.

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.

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.

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

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

Yoga Roll: Traditional yoga movements, with time dedicated to foam rolling.

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.