



SEASCAPE SPORTS CLUB • GROUP EXERCISE SCHEDULE • AUGUST 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM Outdoors	Boot Camp Vanessa	Boot Camp Vanessa	Boot Camp Vanessa	Boot Camp Vanessa	Boot Camp Vanessa	Boot Camp Vanessa	Boot Camp Vanessa
8:00 AM Studio 1	Zumba Coleen	QiGong Roxanne	Zumba Toning Kelly	QiGong Roxanne	Zumba Toning Kelly	Zumba Andrea	
9:15 AM Outdoors	Body Sculpt Mara		Body Sculpt Mara		Body Sculpt Justina		
9:15 AM Outdoors	Group Cycle* Denise		Group Cycle* Denise		Group Cycle* Beverly	Group Cycle* Sonia	
9:15 AM Studio 1	Yoga Margaret (70 min)	Pilates Christy	Yoga Kelly	Pilates Christy	Yoga Kelly	Pilates Justina	Yoga Sonia
10:30 AM Outdoors	Boot Camp Denise	Circuits Christy (Inside)	Boot Camp Denise	Circuits Christy (Inside)	Boot Camp Beverly	Boot Camp Justina	
10:30 AM Studio 1	Pilates Mara	Yoga Pia	Pilates Mara	Yoga Pia	Pilates Justina	Yoga Sandy C	Pilates Mara
MASTERS SWIM Tues / Thurs 6:15 am: Roger Wed / Fri 6:15 am: Laura		AQUA CLASSES Mon / Wed / Fri / Sat 9:30 am (45 min) Mon: Laurel • Wed: Laurel • Fri: Ann • Sat: Ann					HOURS OF OPERATION 7 am – 7 pm CLASS FEES Member — \$5/day or \$15/month Non-member — \$25/day or \$95/month* *restrictions apply Seascope Beach Resort Guests — Free
5:30 PM Studio 1	Body Sculpt Maria (5:15)	Yoga Sandy C	Body Sculpt Maria (5:15)	Yoga Mara			
CLASS DESCRIPTIONS			SEASCAPE SPORTS CLUB		CLASS DESCRIPTIONS		

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

Body Sculpt: Complete body resistance training.

Boot Camp: Instructors will guide you through functional strength activities and high intensity intervals to train you for the movement in life and boost your metabolism. Focus is on proper technique with modifications provided for all levels.

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

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.

QiGong: Mind-body movements focused on integrating energy (Qi) posture, movement, self-massage, and intent into a practice (Gong) that is strengthening and restorative.

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**

