



SEASCOPE SPORTS CLUB • GROUP FITNESS SCHEDULE • OCTOBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Studio 2		Cycle Core Sonia	Barre (6:30) Amanda	Cycle Core Sonia	JOIN US FOR OUR "FIRST SATURDAY FITNESS SERIES" OCT 7 Sat 9:15am – Intro to Cycle <small>Pre-registration by Friday at noon required for all First Saturday classes</small> Sat 12 noon – Intro to Yoga		
8:00 AM Studio 1	Zumba Coleen	Cardio Sculpt Beverly	Zumba Toning Kelly	Cardio Kickbox Maria	Zumba Kelly	Zumba Chris	QiGong/Tai Chi Kathryn
Studio 2	Yoga Level 1 Laura	Cycle Barre Sonia	Group Cycle Denise	Cycle Boot Camp Denise	Cycle Barre Roxanne		
9:15 AM Studio 1	TBC Amanda C.	Cardio Dance Shira	Boot Camp Denise	Cardio Dance Shira	Body Sculpt Maria	Pilates Mara	Boot Camp Denise
Studio 2	Group Cycle Denise	QiYoga Level 1 Margaret	Yoga Level 1 Martha	QiYoga Level 1 Margaret	Group Cycle Roxanne		Barre Christy
10:30 AM Studio 1	Butts, Guts & Cuts Moe	Pilates Michelle	TBC Mara	Pilates Mara	Butts, Guts & Cuts Jeanne	Yoga Level 1 Pia (75 mins)	Yoga Level 1 Sandy (75 mins)
Studio 2	Stretch Meditation Denise	Barre Amanda	Yin/Yang Yoga Lisa (90 mins)	Barre Anna Circuits Kelly / Wendy	Yoga Level 2/3 Wendy	Barre Mara	Pilates Christy
11:30 AM Studio 1-2	Yoga Level 2 Martha (Studio 2)	Yoga Levels 1/2 Amanda (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 ChildCare Hours Monday – Thursday: 8 am – 6 pm Friday: 8 am – 2 pm Saturday/Sunday: 10:30 am – 3 pm ChildCare Fees Member – \$5 hour / \$3 half-hour Non-member – \$8 hour / \$5 half-hour Class Fees Member – \$5 day or \$12 per month Non-member – \$25 day or \$70 month Seascope Beach Resort Guests – Free	
MASTERS SWIM Tues / Thurs 6:30 am: Roger Mon / Wed 6:00 pm: Laura			MON – SAT at 9am Mon: Ann • Tues: Laurel • Wed: Ann Thurs: Mara • Fri: Elyse • Sat: Elyse		Stretch Meditation Wendy (Studio 2)		
5:30 PM Studio 1-2	Pilates Christy Cycle Boot Camp Moe	Body Sculpt Maria	Pilates Mara Group Cycle Roxanne	Body Sculpt Amanda			
6:30 PM Studio 1	Yoga Level 1 Kim		Yoga Level 1 Sandy				
6:45 PM Studio 2	Barre Christy	Stretch Meditation Denise	Barre Mara	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.

Barre: Full *body-toning* with a focus on small, intense movements, combining yoga, Pilates and dance. All levels. Members may reserve in advance.

Boot Camp: Strength cardio class for intermediate to advanced participants.

Butts, Guts & Cuts: Strength and cardio training class focused on core training. Intermediate to advanced levels.

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.

Group Cycle: Ultimate cardio-respiratory workout. Members may reserve in advance. Boot Camp cycle includes intervals of resistance training for a full cardio/strength work out. **Cycle Barre includes Barre training.**

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

Meditation: Seated meditation followed by guided meditation and deep relaxation.

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

QiYoga: includes our flowing yoga with a series of QiGong

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 (10:30-11) or meditation (11-11:25) or both.

TBC (Total Body Conditioning): Balance, resistance and flexibility training. Uses sticky mat. Beginning to intermediate levels. **TBC Plus:** Resistance training class with focus on strength. All levels.

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

Yin/Yang Yoga: 1 hour of flow (Yang) followed by 30 minutes of held postures (Yin) (held postures). Participants may come for either Yin or Yang or stay for all. All levels.

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. Pre-reservation required for Cycle and Barre classes. Reservations available 24 hours in advance for members, 12 hours in advance for non-members. If there are no sign-ups by two hours before class time (or 8 pm for the 6 am classes), the class will be cancelled.