



SEASCOPE SPORTS CLUB • GROUP EXERCISE SCHEDULE • FEBRUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Studio 1	FITT Haley	FITT Denise	FITT Haley	FITT Denise		InBody Six Week Challenge starts February 11. Sign up now!	
8:00 AM Studio 1	Zumba Coleen	Cardio Sculpt Bev	Zumba Toning Kelly	Cardio Kickbox Maria	Zumba Kelly	Zumba Chris	Zumba Andrea
Studio 2	Yoga Laura	Balance Barre Molly	Yoga Pia	Balance Barre Molly	Yoga Laura	Yoga Jen	Yoga Kathryn
9:15 AM Studio 1	TBC Maria	Yoga Margaret	TBC Mara	Yoga Margaret	TBC Plus Maria	Pilates Mara	FITT Denise
Studio 2	Group Cycle* Denise	Group Cycle* Beverly	Group Cycle* Denise	Group Cycle* Margie	Group Cycle* Jeanne		Balance Barre Christy
10:30 AM Studio 1	Pilates Molly	Pilates Mara	FITT Denise	Pilates Mara	Pilates Jeanne	Yoga Pia (75 mins)	Yoga Sandy (75 mins)
Studio 2	Stretch Meditation Denise	Qi Gong Kris Circuits Barbara	Stretch Meditation Margaret	Qi Gong Kris Circuits Kelly	Stretch Meditation Pia	Balance Barre Mara	Pilates Christy
11:30 AM Studio 1-2	Yoga Martha	Cardio Dance Barbara	Yoga Margaret	Cardio Dance Barbara	Yoga Pia		
		MASTERS SWIM Tues / Thurs 6:30 am: Roger Mon / Fri 3:30 pm: Laura		AQUA CLASSES MON – SAT at 9am Mon: Sharon • Tues: Laurel • Wed: Ann Thurs: Laurel • Fri: Ann • Sat: Sharon			
5:30 PM Studio 1	TBC Pilates Christy	Body Sculpt Maria	TBC Pilates Mara	Body Sculpt Molly			
Studio 2	FITT Haley		FITT Jeanne				
6:30 PM Studio 2	Yoga Kim	Warm Yoga Jen	Yoga Sandy	Warm Yoga Jen			

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 am – 3 pm

Class Fees
Member – \$5 day or \$15 per month
Non-member – \$25 day or \$79 month

Seascope Beach Resort Guests – Free

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.

Qi Gong: Develop strength, increase flexibility, relax the mind, learn proper breathing and develop and balance your Qi (life force energy).

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.