



May is National Physical Fitness and Sports Month, a dedicated time to promote active lifestyles and the benefits of regular exercise.

# SEASCOPE SPORTS CLUB • GROUP EXERCISE SCHEDULE May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM Studio 1	<b>Zumba</b> Coleen	<b>QiGong</b> Roxanne	<b>Zumba</b> Lisa	<b>QiGong</b> Roxanne	<b>Zumba</b> Lisa	<b>Zumba</b> Andrea	<b>Zumba</b> Christy
9:15 AM Studio 1	<b>Yoga</b> Heidrun	<b>Yoga</b> Michele	<b>Yoga</b> Cambell	<b>Yoga</b> Michele	<b>Yoga</b> Heidrun	<b>Yoga</b> Shauni	<b>Yoga</b> Sonia
9:15 AM Outdoors	<b>Boot Camp</b> Beverly	<b>Boot Camp</b> Vanessa (9am)	<b>Boot Camp</b> Beverly	<b>Boot Camp</b> Vanessa (9am)	<b>Boot Camp</b> Beverly	<b>Boot Camp</b> Sonia	
9:30 AM Lap Pool	<b>Aqua</b> Laurel	<b>Aqua Zumba</b> Dora	<b>Aqua</b> Laurel	<b>Aqua Zumba</b> Dora	<b>Aqua</b> Sharon		
10:30 AM Studio 1	<b>Pilates</b> Mara	<b>Pilates</b> Sonia	<b>Pilates</b> Mara	<b>Pilates</b> Sonia	<b>Pilates</b> Mara	<b>Pilates</b> Sonia	<b>Pilates</b> Mara
10:30 AM Outdoors	<b>Group Cycle*</b> Beverly		<b>Group Cycle*</b> Beverly		<b>Group Cycle*</b> Beverly	<b>HOURS OF OPERATION: 7AM – 7PM</b>	
<b>MASTERS SWIM** 6:15am – Tues &amp; Thurs: Roger • Wed &amp; Fri: Laura</b>							
5:15 PM Studio 1	<b>Body Sculpt</b> Maria	<b>Yoga</b> Joanne	<b>Body Sculpt</b> Maria	<b>Yoga</b> Joanne		<b>Class Fees:</b> Member — \$10/day or \$15/month Non-member — \$20/day Seascope Resort Guests — Free* <i>*restrictions may apply</i>	

## CLASS DESCRIPTIONS SEASCOPE SPORTS CLUB CLASS DESCRIPTIONS

**AQUA:** A great cardiovascular way to build muscle tone without impacting your joints

**AQUA ZUMBA:** Low impact, high energy, cross training water fitness class. All levels.

**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.



**GROUP CYCLE\*:** Ultimate cardio-respiratory workout

**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:** A combination of flowing movements and held poses - all focusing on proper breathing technique. Modifications are offered by our instructors for any movement to meet each individual's specific needs.



**ZUMBA:** High energy dance workout. All levels.

*\*Members may reserve 24 hours in advance*

**\*\*MASTERS SWIM:** Open to Accomplished Swimmers Dedicated to Improving their Fitness



**MASSAGE THERAPY • PERSONAL TRAINING • REFORMER PILATES:** (Additional Fee Required)