



# Seascope Sports Club Wellness Center

Seascope Sports Club Wellness Center will offer a fantastic array of lifestyle enhancements to its Members:

1. **Life Fitness Circuit Series** - An easy to use, non-intimidating, strength solution, featuring 10 new pieces of equipment that incorporate the Lifeband Resistance System®, as well as additional cardio equipment, ideal for all ages and fitness levels, that will deliver a time-efficient, complete total body workout.
2. **Group Exercise Plus** - A unique environment specifically designed for personalized group exercise and group fitness training that will offer several new alternatives to our current schedule of over 50 different exercise classes.
3. **One-on-One Wellness** - A well qualified, highly trained, staff will offer professional advice and assistance in areas such as sports nutrition, weight management, physical rehabilitation, pilates, core strength and balance training, and medical therapy to those Members who are seeking a richer, fuller life through enhanced physical and mental well being.
4. **Junior Education Center** - A safe, academically stimulating atmosphere for our Junior Members (pre-teens and teens) that will provide the opportunity to explore new interests as well as strengthen existing pursuits, through a highly advanced technology center, an art and science studio and an after school tutoring program.

**Contact us at (831) 688-1993 or visit us at  
[www.SeascopeSportsClub.com](http://www.SeascopeSportsClub.com)**

# Seascape Sports Club Wellness Center



One-on-One Wellness

Women's Toilet

Men's Toilet

Group Exercise Plus

Life Fitness Circuit Series

Art and Science

Junior Education Center

Tutoring

Computers