

# Seascape Sports Club - Group Exercise Schedule - JULY 2010

	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M	5:30		<b>ADULT SWIM</b> Roger		<b>ADULT SWIM</b> Roger			
	8:00	<b>ZUMBA</b> Mary W	<b>Pilates Fusion</b> Willow	<b>ZUMBA</b> Kelly	<b>CARDIO Sculpt</b> Maria	<b>ZUMBA</b> Mary W	<b>ZUMBA</b> Andrea	<b>ADULT SWIM</b> Roger
	9:00	<b>TRI YOGA II</b> Martha	<b>CARDIO Dance</b> Annie	<b>Pilates Fusion</b> Wendy	<b>CARDIO Dance</b> Annie	<b>Stability Sculpt</b> Denise	<b>Pilates Fusion</b> Willow	<b>Pilates Fusion</b> Martha
				<b>AQUA SWIM</b> Laurel/Melissa				<b>AQUA SWIM</b> Bing
	10:00	<b>Pilates Fusion</b> Margaret C	<b>TRI YOGA I</b> Martha	<b>HATHA Yoga</b> Wendy	<b>Tri Yoga I</b> Gabriel	<b>Pilates Fusion</b> Martha	<b>Tri Yoga II</b> Jasmin	<b>Tri Yoga I</b> Margaret A
<b>CIRCUITS</b> Kelly		<b>CIRCUITS</b> Judy						
11:00	<b>HATHA Yoga</b> Jen	<b>Pilates Fusion</b> Michelle	<b>Tri Yoga Basic</b> Jasmin	<b>Pilates Fusion</b> Willow	<b>TRI YOGA I</b> Martha	<b>TriYoga Basics</b> Jasmin	<b>TriYoga Basics</b> Sandy C	
P M	12:00					<b>CIRCUITS</b> Wendy	<b>NO CLASSES ON JULY 4</b> <b>NO MORNING CLASSES</b> (After 10am) July 12,14,16 - 18 <b>NO EVENING CLASSES</b> JULY 10 - 18, 2010 <b>NO CHILDCARE JULY 10-18</b>	
	5:00	<b>AQUA</b> Gloria						
	5:30	<b>Pilates Fusion</b> (5:00) Margaret	<b>ZUMBA</b> Joanie	<b>CIRCUITS</b> Kelly	<b>Pilates Fusion</b> Sandy B/Michelle			
	6:00	<b>ADULT SWIM</b> Laura		<b>Tri Yoga Basic</b> Sonia				
				<b>ADULT SWIM</b> Laura				
6:30	<b>TriYoga Basics</b> Kim	<b>TRI YOGA II</b> Margaret A				<b>Non Members Welcome to Participate in Classes</b>		

## CLASS DESCRIPTIONS

Denise Russo - Group Exercise Director

**Aqua Aerobics:** A great way to get a cardiovascular workout without impacting the joints. Water creates resistance which builds muscle tone. Enjoy a high-intensity workout that is a lot of fun.

**Cardio Dance:** Aerobic based dance work out will raise your heart rate while doing the latest dance moves. Choreography changes monthly and is taught in an easy-to-learn, add-on style.

**Cardio Sculpt:** Half cardio and half resistance training, as you rotate through different stations, you will feel your heart pump and your muscles burn. This class combines step and/or hi-low with tubing hand weights, body bars, Gliding Discs and balls.

**Circuits:** A challenging workout that can be completed in 30 minutes. Each session is a different workout utilizing weight machines and cardio stations. Includes warm-up, cool down and stretching. **(Meets in the Fitness Center.)**

**Core Flow:** This holistic workout uses Pilates, yoga and tai chi to stretch and strengthen, bringing you and your body into a state of balance. **Open to all levels of fitness .**

**Adult Swim:** Adult Swim is for those seeking a solid aerobic workout. Focusing on distance with freestyle swimming in groups at your own speed. Course typically 1.5 to 2 miles. Time is spent on drills to improve technique. The focus is on open water events not swim meets. **(\*Additional instructor fee \$3 per class for non-members.)**

**Pilates Fusion:** Based on traditional style of Pilates, these classes use the mind-body connection to strengthen core muscles and improve overall balance and flexibility. Classes may be traditional mat-only or include the use of props such as stability balls, Pilates balls, Magic Circles and resistance equipment creating a full body workout.

**Stability Sculpt:** Stability balls are the hottest tool for developing core strength and balance. This class incorporates a variety of sculpting equipment and Gliding Discs for kinesthetic awareness and strength.

**TriYoga®:** Includes relaxation-in-action spinal movements and economy of motion while increasing strength, flexibility, endurance and breath control:

- Basics:** for those new to Tri-Yoga® and/or who want to strengthen core alignments.
- Level I:** adding more postures to the basic poses, to help increase strength with slow stretches in a flowing style.
- Level II:** advanced postures for the experienced yoga student.

**Hatha Yoga:** Incorporates breath with movement.

Poses are both flowing and sustained for maximum strength and flexibility. Modifications for varying levels are given in the class.

**Zumba:** A high energy dance workout set to a fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba maximizes caloric output, fat burning and total body toning. **All levels are encouraged to attend.**

## Hours of Operation

DAYS	CLUB FACILITY	SWIM CENTER
Mon.-Fri.	5:30am-9pm	5:30am-8pm
Sat./Sun.	7am-7pm	7am-6pm

### Child Care

8 a.m. - 7 p.m.	Monday - Thursday
8 a.m. - 4 p.m.	Friday
10 a.m. - 3 p.m.	Saturday-Sunday

Childcare Cost	Hour	1/2Hour
Member	\$4.00	\$2.50
Non-Member	\$7.00	\$4.00

Class Fee	Daily	Monthly
Member	\$3	\$10
Non-Member	\$14	\$48

[www.SeascapeSportsClub.com](http://www.SeascapeSportsClub.com)