



Seascope Sports Club

Wellness Center

Seascope Sports Club Wellness Center offers 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. **Pilates Reformer Studio** - A unique environment specifically designed for personalized Pilate Sessions. No experience is necessary as our skilled practitioners will demonstrate and guide the participants through a series of exercises that build upon the next. All levels can participate in the same session or individually as each class is tailored to the individual's personal needs.
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. **Functional Training Center** - TRX Functional Training helps you move better, feel better, and live better. Our TRX simplified approach to training is based on 7 movements. Learning them will help you build a better body by improving your mobility flexibility, strength, endurance, power, core strength and heart health.

**Contact us at (831) 688-1993 or visit us at
www.SeascopeSportsClub.com**

Seascape Sports Club Wellness Center



**Life
Fitness
Circuit
Series**

One-on-One Wellness

**Pilates
Reformer
Studio**

**Women's
Restroom**

**Men's
Restroom**

**TRX
Functional
Training
Center**