

Aqua

Our water-based classes are designed to maintain or improve strength and cardiovascular fitness in a low impact environment that is easier on the joints. Water and aqua equipment provide gentle resistance that is appropriate for all levels of fitness and those rehabbing an injury. Conducted in both the shallow and deep-end of the pool, using buoys, noodles and deep-water belts, these classes keep your head above water and do not rely on swimming technique. Many of our participants come wearing a hat!

Balance Barre

These barre classes offer a complete muscle-toning opportunity by mixing small, intense movements from Pilates, dance and yoga. Set to up-beat music, you will use the barre and exercise equipment to sculpt and stretch your entire body and also increase your heart rate. Don't be surprised if you glisten after this class! Opportunities to challenge your balance are also offered, with the barre available for support. This class is a part of our *Fall Prevention Series*.

Body Sculpt

Set to rhythmic music, this class uses all sorts of resistance training equipment to help you build muscle and strength. Working with equipment of moderate resistance/weight will allow you to keep your rep count up, creating toned muscles without too much bulk! Expect that you will feel that lactic acid burn in all parts of your body during this class and you may even feel the results of your workout the next day!

Cardio Sculpt

Let the beat of the music help you train your cardiovascular system as you move your body at a pace that makes your heart beat. Alternate that with periods of resistance training with an assortment of equipment to help tone muscle. Movements vary weekly, so you may do hi-low aerobics one day, step another, and intervals another. Plan to work up a sweat in this class and feel the muscles burn!

Cardio Dance

Come and join the “Seascape Sistahs” in this aerobic dance workout that builds up over the course of a month. The first class will introduce the style and the first part of the choreography. Each week will have a review of the proceeding class, adding on more choreography, so that by the end of the month, you will be “performing” a complete dance. Not only will you tap into your inner dancer, but friendships will also be formed. Style changes month to month.

Cardio-kickbox

Come to Seascape to punch, jab, uppercut and kick in this high intensity cardiovascular workout. Learn proper technique in this non-contact class. Classic kickboxing moves are set to music in combinations that challenge both your stamina and coordination. Open to all levels, no gloves needed.

Circuits

Held in our Wellness Center, this class will provide you with an introduction to our state-of-the-art fitness equipment.

FITT (Functional Interval Team Training)

Functional training is a “hot trend” in fitness, but is actually the core of any type of resistance training program. Strength training movements performed against resistance are designed to enhance your movement in a way that makes your “activities of daily living” easier to perform. In other words, doing a squat (which allows you to get up out of a chair) is more “functional” than doing a knee extension on a machine! Movements in class focus on coordination, full range of motion and speed of movement. The interval portion of the class includes cardiovascular bursts, meant to train your system for improvement along with providing a calorie-burning edge. This class may use weights, kettlebells, med balls, BOSUs, and more and modifications are offered for challenging movements. Focus is on proper technique. Advanced movements will be taught with modifications provided.

Group Cycle

This 60-minute class is taught in Studio 2 on our state-of-the-art Schwinn cycle bikes. Indoor cycling allows those who cycle outdoor to perform training that crosses over to their sport. It is also ideal for those who are trying to maintain cardiovascular fitness without overuse injuries. Get off of your feet or get out of the pool and come inside for a true cardiovascular challenge! Bring a towel and a water bottle and plan to sweat. Members may reserve a bike 24-hours in advance.

Masters Swim

Under the direction of a swim instructor, accomplished swimmers will be provided with a workout of the day to help them improve their fitness and keep them on track in the pool.

Pilates

Our Pilates classes are based on the traditional mat class style, with the addition of Pilates equipment to further enhance the core-training offered in this class. Class focus is on the principles of Pilates which include centering, concentration, control, precision, breath and flow, falling into the category of “mind-body.” With small movements that will make your muscles burn, this low-impact class is an excellent way to strengthen and lengthen. This class uses a sticky mat, shoes optional.

Restorative SMFR

The dirty little secret of the fitness industry is the importance of restorative training. Once only used by athletes and their athletic trainers, Seascape is cutting edge by offering foam-rolling for all of our fitness participants, particularly those who need to make time for stretching and muscle recovery. You actually don't have time to skip this class if you want to prevent injury. Stretching is also included in this class.

Stretch Meditation

This is your perfect combination of maintaining or improving flexibility in all muscles, topped off with an extended time in relaxation. Split in half for those who don't have time for both, the first 30 minutes will provide a variety of stretching techniques for all muscles, without the challenge of sustained or flowing yoga poses. A transition is then offered as the meditation portion of class is prepared. A seated, silent meditation and a guided meditation are an excellent way of practicing a mental release that leaves you relaxed and calm on a daily basis.

TBC (Total Body Conditioning)

As a part of our *Fall Prevention Series*, TBC combines functional movement patterns that require you to use balance and strength with no to low impact. This full body toning class uses a variety of resistance training equipment and can be taken with or without shoes. Expect to feel some lactic acid burn with light resistance at higher reps. Flexibility training is also included with stretches for the full body.

TBC Pilates

This hybrid form of Pilates is taught by our certified Pilates instructors but includes use of resistance equipment and movement patterns beyond the basic Pilates core training. Many movement patterns will engage the core for stabilization while challenging other muscles and working through full range of motion. Stretching is also included to maximize flexibility. This class uses a sticky mat, shoes optional. This class is a part of our *Fall Prevention Series*.

Yoga

Classes combine Hatha (practicing of postures to align, strengthen and promote flexibility) and Vinyasa (a form of Hatha that flows the movements together) to create a practice unique to the instructor and the day. Movements are meant to follow your own breath rate, creating a thoughtfulness as you move through your asanas. Strength is developed while holding a pose. Balance is improved with a variety of balance movements. Flexibility is maintained or developed with sustained holding of poses. All classes end with a brief relaxation.

Zumba

This high energy dance workout includes low-impact movement set to Latin and International music. The choreography and music work together to create a fitness party atmosphere! Be ready to shake those hips as you move to the rhythm of the beat of the music, burning calories and conditioning your heart while you dance to the easy-to-follow choreography.

Zumba toning

see description for Zumba but adds in resistance training with light weights during the end part of the class, to provide strength training in addition to the cardiovascular training of traditional Zumba.