



# SEASCAPE SPORTS CLUB • GROUP EXERCISE SCHEDULE • SEPTEMBER 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 AM Outdoors		<b>Boot Camp</b> <i>Ashoka</i>		<b>Boot Camp</b> <i>Ashoka</i>	<b>NOTE: PILATES REFORMER STUDIO IS NOW OPEN!</b> Book a Session with either Christy Wilson or Carissa Fernandez at the Front Desk.		
8:00 AM Outdoors	<b>Zumba</b> <i>Coleen</i>	<b>Yoga</b> <i>Pia</i>	<b>Zumba Toning</b> <i>Kelly</i>	<b>Yoga</b> <i>Laura</i>	<b>Zumba Toning</b> <i>Kelly</i>	<b>Boot Camp</b> <i>Denise</i>	<b>Zumba</b> <i>Andrea</i>
9:15 AM Outdoors	<b>Body Sculpt</b> <i>Mara</i>		<b>Body Sculpt</b> <i>Beverly</i>		<b>Body Sculpt</b> <i>Maria</i>		
Outdoors	<b>Yoga</b> <i>Jen</i>	<b>Group Cycle*</b> <i>Beverly</i>	<b>Yoga</b> <i>Jen</i>	<b>Group Cycle*</b> <i>Roxanne</i>	<b>Yoga</b> <i>Laura</i>	<b>Group Cycle*</b> <i>Denise</i>	<b>Pilates</b> <i>Mara</i>
10:30 AM Outdoors	<b>Pilates</b> <i>Mara</i>	<b>Pilates</b> <i>Christy</i>	<b>Pilates</b> <i>Mara</i>	<b>Pilates</b> <i>Christy</i>	<b>Pilates</b> <i>Carissa (11am)</i>	<b>Yoga</b> <i>Pia (75 min)</i>	
Outdoors	<b>Boot Camp</b> <i>Vanessa</i>		<b>Boot Camp</b> <i>Denise</i>		<b>Boot Camp</b> <i>Vanessa</i>	<b>HOURS OF OPERATION</b> Clubhouse: 7 am – 7 pm Fitness Center: 7 am – 7 pm Swim Center: 7 am – 6:30 pm <b>CLASS FEES</b> Member — \$5 day or \$15 per month Non-member — \$20 day <b>Seascape Beach Resort Guests — Free</b>	
11:30 AM Studio 1							
	<b>MASTERS SWIM</b> Tues / Thurs 6:15 am: Roger Wed / Fri 6:15 am: Laura		<b>AQUA CLASSES</b> Mon / Wed / Fri 9:30 am (45 min) Mon: Laurel • Wed: Laurel/Ann • Fri: Ann				
5:30 PM Outdoors	<b>Body Sculpt</b> <i>Maria</i>	<b>Sunset Yoga</b> <i>Sandy</i>	<b>Body Sculpt</b> <i>Vanessa</i>	<b>Sunset Yoga</b> <i>Jen</i>			<b>Sunset Yoga</b> <i>Jen (5pm)</i>
<b>CLASS DESCRIPTIONS</b>			<b>SEASCAPE SPORTS CLUB</b>			<b>NON MEMBERS WELCOME!</b>	

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

**Balance Barre:** *body-toning* with a focus on small, intense movements, combining yoga, Pilates and dance. 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.

**Cardio Sculpt:** Complete body resistance training combined with low impact aerobics.

**Cardio Dance:** Non-impact dance movements performed to energizing music.

**Cardio Kickbox:** Cardio workout including kickboxing moves. All levels.

**Group Cycle\*:** Ultimate cardio-respiratory workout.

**Masters Swim:** Open to accomplished swimmers dedicated to improving their fitness.

**Pilates:** Strengthen core muscles and improve overall balance and flexibility. All levels. **Pilates Plus:** includes full body strengthening and stretching.

**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:** Classes are a combination of flowing movements and held poses, all focusing on breathing technique. Modifications are offered for any movement so that each individual can have the practice that meets their need, with support from our highly-trained instructor.

**Yoga Meditation:** Includes an extended 15-minute meditation. Participants may leave after completion of yoga or stay for the full experience.

**Sunset Yoga:** Experience the sunset while practicing Yoga outdoors.

**Warm Yoga:** Classes follow our yoga format in a room heated to ~85 degrees.

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

**Zumba Toning:** Includes resistance training with light weights. All levels

\* **Members may reserve 24 hours in advance** (O) = **Outdoors**