



SEASCAPE SPORTS CLUB • GROUP EXERCISE SCHEDULE • September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM Studio 1	Zumba Coleen	QiGong Roxanne	Zumba Kelly	QiGong Roxanne	Zumba Kelly	Zumba Andrea	Zumba Christy
9:00 AM Outdoors	Group Cycle* Denise		Group Cycle* Denise		Group Cycle* Beverly		
9:15 AM Studio 1	Yoga Margaret (70 min)	Yoga Michelle	Yoga Kelly	Yoga Michelle	Yoga Kelly	Yoga Sandy C	Yoga Sonia
9:15 AM Outdoors	Boot Camp Christy P	Boot Camp Vanessa (9am)	Boot Camp Beverly	Boot Camp Vanessa (9am)	Boot Camp Christy P	Boot Camp Sonia	
10:30 AM Studio 1	Pilates Mara	Pilates Christy W	Pilates Mara	Pilates Christy W	Pilates Mara	Pilates Sonia	Pilates Mara
MASTERS SWIM Tues / Thurs 6:15am: Roger Wed / Fri 6:15am: Laura			AQUA CLASSES Mon / Wed / Fri / Sun 9:30am Mon & Wed: Laurel • Fri & Sun: Steve			HOURS OF OPERATION: 7am – 7pm Class Fees: Member — \$5/day or \$15/month Non-member — \$30/day or \$104/month* Seascape Resort Guests — Free* *restrictions apply	
5:15 PM Studio 1	Body Sculpt Maria	Yoga Sandy C	Body Sculpt Maria	Yoga Erica			
CLASS DESCRIPTIONS			SEASCAPE SPORTS CLUB		CLASS DESCRIPTIONS		

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

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.

CIRCUITS: Provides an introduction to the fitness equipment. All levels. Held next to Studio 2



GROUP CYCLE*: Ultimate cardio-respiratory workout.

* Members may reserve 24 hours in advance

PILATES: Strengthen core muscles and improve overall balance and flexibility

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 needs, with support from our highly-trained instructors.

ZUMBA: High energy dance workout. All levels.

ZUMBA TONING: Includes resistance training with light weights.

All levels



MASTERS SWIM: Open to accomplished swimmers dedicated to improving their fitness

