



# SEASCAPE SPORTS CLUB • GROUP EXERCISE SCHEDULE • March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM Studio 1	<b>Zumba</b> <i>Coleen</i>	<b>QiGong</b> <i>Roxanne</i>	<b>Zumba</b> <i>Coleen</i>	<b>QiGong</b> <i>Roxanne</i>	<b>Zumba</b> <i>Lisa</i>	<b>Zumba</b> <i>Andrea</i>	<b>Zumba</b> <i>Christy</i>
9:15 AM Outdoors	<b>Group Cycle*</b> <i>Denise</i>	<b>Boot Camp</b> <i>Vanessa (9am)</i>	<b>Group Cycle*</b> <i>Denise</i>	<b>Boot Camp</b> <i>Vanessa (9am)</i>	<b>Group Cycle*</b> <i>Beverly</i>	<b>Boot Camp</b> <i>Sonia</i>	
9:15 AM Studio 1	<b>Yoga</b> <i>Margaret (70 min)</i>	<b>Yoga</b> <i>Michelle</i>	<b>Yoga</b> <i>Mara</i>	<b>Yoga</b> <i>Michelle</i>	<b>Yoga</b> <i>Erica</i>	<b>Yoga</b> <i>Sandy C</i>	<b>Yoga</b> <i>Sonia</i>
10:30 AM Outdoors	<b>Boot Camp</b> <i>Christy P</i>		<b>Boot Camp</b> <i>Beverly</i>		<b>Boot Camp</b> <i>Beverly</i>		
10:30 AM Studio 1	<b>Pilates</b> <i>Mara</i>	<b>Pilates</b> <i>Christy W</i>	<b>Pilates</b> <i>Mara</i>	<b>Pilates</b> <i>Christy W</i>	<b>Pilates</b> <i>Mara</i>	<b>Pilates</b> <i>Sonia</i>	<b>Pilates</b> <i>Mara</i>
<b>MASTERS SWIM</b> Tues / Thurs 6:15am: Roger Wed / Fri 6:15am: Laura			 <b>AQUA CLASSES</b> Mon / Wed / Fri / Sat 9:30am Mon & Wed: Laurel • Fri: Ann • Sat: Sharon			<b>HOURS OF OPERATION: 7am – 7pm</b> <b>Class Fees:</b> Member — \$5/day or \$15/month Non-member — \$30/day or \$99/month* Seascape Resort Guests — Free* <i>*restrictions apply</i>	
5:30 PM Studio 1	<b>Body Sculpt</b> <i>Maria (5:15)</i>	<b>Yoga</b> <i>Sandy C (5:30)</i>	<b>Body Sculpt</b> <i>Maria (5:15)</i>				
<b>CLASS DESCRIPTIONS</b>			<b>SEASCAPE SPORTS CLUB</b>			<b>CLASS DESCRIPTIONS</b>	

**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

