



# Seascope Sports Club Wellness Center

Seascope Sports Club Wellness Center will offer 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. **Group Exercise Plus** - A unique environment specifically designed for personalized group exercise and group fitness training that will offer several new alternatives to our current schedule of over 50 different exercise classes.
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](http://www.SeascopeSportsClub.com)**

# Seascape Sports Club Wellness Center



**Life  
Fitness  
Circuit  
Series**

**One-on-One Wellness**

**Men's  
Restroom**

**Women's  
Restroom**

**Group  
Exercise  
Plus**



**TRX  
Functional  
Training  
Center**

