



# FITNESS CENTER

## Aerobics Schedule JULY

**HOURS**  
**Monday– Friday 7am– 7pm**  
**Saturday & Sunday**  
**8am– 5pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:15– Cardio Kickbox/ Platform Sculpt (Linda) 9:15– Cardio Kickbox/ Platform Sculpt (Linda)  5:00– Prop Pilates (Suzette)	2 9:00– Yoga (Vanessa)  4:00– Total Body Workout (Jackie)	3 8:15– Cardio Blast/ Mat-1 Pilates (Linda)  9:15– Cardio Blast/ Mat-1 Pilates (Linda)
6 8:15– Four Core (Linda)  9:15– Four Core (Linda)  5:00– Prop Pilates (Suzette)	7 9:00– Yoga (Georgene)  4:00– Total Body Workout (Jackie)	8 8:15– Cardio Blast/ Power Sculpt (Linda) 9:15– Cardio Blast/ Power Sculpt (Linda)  5:00– Prop Pilates (Suzette)	9 9:00– Yoga (Vanessa)  4:00– Total Body Workout (Jackie)	10 8:15– Cardio Blast/ Yoga for flexibility (Linda)  9:15– Cardio Blast/ Yoga for flexibility (Linda)
13 8:15– Cardio Blast/ Power Sculpt (Linda) 9:15– Cardio Blast/ Power Sculpt (Linda)  5:00– Prop Pilates (Suzette)	14 9:00– Yoga (Georgene)  4:00– Total Body Workout (Jackie)	15 8:15– Kickbox Add-on/ Rep it Up (Linda) 9:15– Kickbox Add-on/ Rep it Up (Linda)  5:00– Prop Pilates (Suzette)	16 9:00– Yoga (Vanessa)  4:00– Total Body Workout (Jackie)	17 8:15– Cardio Lite/ Pilates on the ball (Linda)  9:15– Cardio Lite/ Pilates on the ball (Linda)
20 8:15– Cardio Blast/ Power Sculpt (Linda) 9:15– Cardio Blast/ Power Sculpt (Linda)  5:00– Prop Pilates (Suzette)	21 9:00– Yoga (Georgene)  4:00– Total Body Workout (Jackie)	22 8:15– Cardio Blast/ Healthy Back (Linda) 9:15– Cardio Blast/ Healthy Back (Linda)  5:00– Prop Pilates (Suzette)	23 9:00– Yoga (Vanessa)  4:00– Total Body Workout (Jackie)	24 8:15– Step & Body Condi- tioning (Linda)  9:15– Step & Body Condi- tioning (Linda)
27 8:15– Cardio Blast/ Mat Sculpt (Linda) 9:15– Cardio Blast/ Mat Sculpt (Linda)  5:00– Prop Pilates (Suzette)	28 9:00– Yoga (Georgene)  4:00– Total Body Workout (Jackie)	29 8:15– Cardio Add-on/ Weightless Strength (Linda) 9:15– Cardio Add-on/ Weightless Strength (Linda) 5:00– Prop Pilates (Suzette)	30 9:00– Yoga (Vanessa)  4:00– Total Body Workout (Jackie)	31 8:15– Circuit Interval (Linda)  9:15– Circuit Interval (Linda)

### Aerobic Instructors

*Linda Lisko  
 Jackie Spindel  
 Suzette Springer  
 Georgene Campbell  
 Vanessa Pedersen*

All classes are 1 hour in length.

Schedule is subject to change, please confirm times with the Fitness Center.

Please call the Fitness and Recreation Department at (843) 842-1979 for more information about the Fitness Center or Family and Children's Activities.

## Aerobics Class Descriptions

**CARDIO ADD-ON** – We take basic low impact aerobic moves and build a routine. Lots of repetition, but lots of work as well. Great for beginners, but advanced exercisers can really kick it up a notch in this class.

**CARDIO BLAST** – 30 minutes of high intensity / low impact cardiovascular training, followed by 30 minutes of body sculpting using a variety of tools (weights, resistance bands, stability balls, etc). I'm a firm believer in cross-training to keep your metabolism high and the boredom factor low!! This program is appropriate for all fitness levels. You WILL see results!

**CARDIO KICKBOX – (KICKBOX)** Don't panic! We are not black belts! These are basic low impact aerobic moves with beginner kickboxing (kicks, punches, etc.) incorporated. Modifications are always provided. Kickboxing is by far one of the best ways to tone and define your muscles! Pay attention to your form. You can burn from 200 – 800 calories an hour depending on how you work!!

**CIRCUIT** – Circuit training is done with stations set up around the room, alternating cardiovascular stations with body conditioning stations. We use a variety of sculpting tools. It is similar to Interval Training, however you are much more in control of the intensity level you work at, again making it a great class for beginners or a real 'kick butt' class for those that want a challenge!

**FOUR CORE**– A creative class that targets the core using four different training techniques: Cardio Core, Core Control, Core Fusion and Floor Core. Focuses on training the muscles of the core through dynamic movement, stability training, balance awareness and floor work.

**INTERVAL** – The Interval class can be either a great class for beginners to "learn the ropes" or a very challenging class for those who are advanced and know how to work it. There are a few different types of interval classes. Interval training is alternating segments of high intensity cardio followed by a low intensity recovery segment. Your goal is to work as hard as you can during the cardiovascular segment and then recover during the conditioning segment. This allows you to work out longer at a more intense level, therefore burning more calories.

**MAT – LEVEL 1 PILATES** – Pilates is a unique system of stretching and strengthening exercises designed to tone muscles, improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape. This is a great class for beginners, however all levels are welcome! Lots of instruction on form will be provided.

**PILATES ON THE BALL** – Pilates moves done on the stability ball. May include weights.

**POWER SCULPT**- Strength training using a variety of equipment: free weights, resistance bands, stability balls and steps.

**PROP PILATES**– Slim and strengthen your body by using a proven core strengthening program. Improve your posture and increase your overall flexibility while toning abs. This class uses a variety of props including bands, balls, and step.

**TOTAL BODY WORKOUT**– Start off with a stimulating low intensity aerobic workout to get the heart-rate going and work into a series of movements on the mat or ball that will fortify the body, develop proper posture, and enhance flexibility.

**YOGA FOR ABS, YOGA FOR FLEXIBILITY, RESTORATIVE YOGA, GENTLE YOGA** – Yoga is a great way to release tension and to lengthen and sculpt muscles. These classes incorporate basic Yoga postures. Modifications for beginner to advanced participants will be provided. Try it out and see what all the Yoga hype is about!

**YOGA**– the flow series, is a vigorous, graceful, and dynamic class that works on breathing and body movement. Yoga develops strength, flexibility, endurance, poise, and beauty.

### FITNESS CENTER EQUIPMENT

#### Cardiovascular Machines

- Excite Run 700 Treadmills
- Excite Synchro 700 Ellipticals
- Excite Recline 700
- Excite Bike 700
- Excite Step 700
- Excite Wave 700

#### Personal Selection Strength Machines

- Leg Press
- Leg Extension
- Leg Curl
- Abdominal Crunch
- Lower Back
- Low Row
- Vertical Traction
- Shoulder Press
- Chest Press

Jump start your exercise routine with Personal Training sessions by a Certified Personal Trainer. Develop a workout plan that fits into your schedule today!

### The Sea Pines Resort Fitness Center Membership Rates

Daily.....	\$10
Weekly.....	\$50
3 Months.....	\$200
6 Months.....	\$300
Annual.....	\$450
Annual Family.....	\$400 per person

**\* Registered guests of The Sea Pines Resort receive complimentary access to the fitness equipment by presenting their Lighthouse Card received at check-in. Aerobic classes are an additional charge of \$10 per day.**