



# FITNESS CENTER

## Fitness Schedule JULY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				<b>8:15– Cardio Blast/ Resistance Band (Linda)</b>  <b>9:15– Cardio Blast/ Resistance Band (Linda)</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>8:15– Step &amp; Body Conditioning (Linda)</b> <b>9:15– Step &amp; Body Conditioning (Linda)</b>  <b>5:00– Pilates (Kaitlen)</b>	<b>9:00– Yoga (Georgene)</b>  <b>4:00– Total Body Workout (Jackie)</b>	<b>8:15– Cardio Blast/ Power Sculpt (Linda)</b> <b>9:15– Cardio Blast/ Power Sculpt (Linda)</b>  <b>5:00– Prop Pilates (Kelly)</b>	<b>9:00– Yoga (Vanessa)</b>  <b>4:00– Total Body Workout (Jackie)</b>	<b>8:15–Weights &amp; Walking (Linda)</b>  <b>9:15–Weights &amp; Walking (Linda)</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>8:15– Cardio Blast/ Sculpt &amp; Balance (Linda)</b> <b>9:15– Cardio Blast/ Sculpt &amp; Balance (Linda)</b>  <b>5:00– Pilates (Kaitlen)</b>	<b>9:00– Yoga (Georgene)</b>  <b>4:00– Total Body Workout (Jackie)</b>	<b>8:15–Cardio Add-on/ Power Sculpt (Linda)</b> <b>9:15–Cardio Add-on/ Power Sculpt (Linda)</b>  <b>5:00– Prop Pilates (Kelly)</b>	<b>9:00– Yoga (Vanessa)</b>  <b>4:00– Total Body Workout (Jackie)</b>	<b>8:15–SuperBall (Linda)</b>  <b>9:15–SuperBall (Linda)</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>8:15–Cardio Circuit (Linda)</b> <b>9:15–Cardio Circuit (Linda)</b>  <b>5:00– Pilates (Kaitlen)</b>	<b>9:00– Yoga (Georgene)</b>  <b>4:00– Total Body Workout (Jackie)</b>	<b>8:15– Cardio Blast/Rep it Up (Linda)</b> <b>9:15– Cardio Blast/ Rep it Up (Linda)</b>  <b>5:00– Prop Pilates (Kelly)</b>	<b>9:00– Yoga (Vanessa)</b>  <b>4:00– Total Body Workout (Jackie)</b>	<b>8:15–Cardio Lite/ Stretch &amp; Relaxation (Linda)</b>  <b>9:15– Cardio Lite/ Stretcj &amp; Relaxation (Linda)</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>8:15–Kickbox Interval (Linda)</b> <b>9:15–Kickbox Interval (Linda)</b>  <b>5:00– Pilates (Kaitlen)</b>	<b>9:00– Yoga (Georgene)</b>  <b>4:00– Total Body Workout (Jackie)</b>	<b>8:15–Cardio Blast/ Weightless Strength (Linda)</b> <b>9:15–Cardio Blast/ Weightless Strength (Linda)</b>  <b>5:00– Prop Pilates (Kelly)</b>	<b>9:00– Yoga (Vanessa)</b>  <b>4:00– Total Body Workout (Jackie)</b>	<b>8:15–Cardio Blast/ Mat-1 Pilates (Linda)</b> <b>9:15– Cardio Blast/ Mat-1 Pilates (Linda)</b>

**Aerobic Instructors**

*Linda Lisko  
 Jackie Spindel  
 Georgene Campbell  
 Vanessa Pedersen  
 Kaitlen Groetzinger  
 Kelly Linaugh*

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!

**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!

**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!!

**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

**MOVE WITH WEIGHTS (MOVE W/WT.)** – Low impact aerobic moves done with light weights for the duration of the workout. We follow this with a mat-based body-sculpting workout (weight free!).

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

**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 on occasion uses a variety of props including bands, balls, and step.

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

**SPORTS CONDITIONING (CARDIO SPORT)** – Basic low impact aerobic moves w/ a sporty twist. A unique approach to cardiovascular training.

**STRETCH AND RELAXATION** – There are three components to a complete fitness program – Cardiovascular conditioning, Strength training and Stretching. Stretching is by far the most overlooked and often neglected of the three. Our flexibility declines as we age and stretching should be done on a daily basis. This class is a full body stretch (from head to toe literally!) done to soothing music to help us focus on our breathing and relax to maximize results. Don't miss this one! You will feel great afterwards!

**\*SUPERBALL** – Power sculpting on the stability ball with weights.

**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**– 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.

**WEIGHTS AND WALKING (W/W)** – We actually do this in reverse! A power-walk/low impact aerobics session followed by body sculpting with weights.

### 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.....	<b>\$10</b>
Weekly.....	<b>\$50</b>
3 Months.....	<b>\$200</b>
6 Months.....	<b>\$300</b>
Annual.....	<b>\$450</b>
Annual Family	<b>\$400 per person</b>

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