



The  
**SeaPinesResort**  
**FITNESS CENTER**  
**February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:15- Cardio Blast/ Seated Sculpt <i>Linda</i> 9:15- Cardio Blast/ Seated Sculpt <i>Linda</i>	2 8:45- Yoga <i>Vanessa</i> 10:00- CORE <i>Kelly</i>	3 8:15- Cardio Lite / Resistance Band <i>Linda</i> 9:15- Cardio Lite/ Resistance Band <i>Linda</i>
6 8:15- Sports Conditioning/Bender Ball Pilates <i>Linda</i> 9:15- Sports Conditioning/Bender Ball Pilates <i>Linda</i>	7 8:45- Yoga <i>Georgene</i> 10:00- Zumba <i>Kathi</i> 4:00- Pilates <i>Kaitlen</i>	8 8:15- Cardio Circuit <i>Linda</i> 9:15- Cardio Circuit <i>Linda</i>	9 8:45- Yoga <i>Vanessa</i> 10:00- CORE <i>Kelly</i>	10 8:15- Cardio Blast/ Butts and Guts <i>Linda</i> 9:15- Cardio Blast/ Butts and Guts <i>Linda</i>
13 8:15- Kickbox Add- On/ Sculpt & Balance <i>Linda</i> 9:15- Kickbox Add- On/ Sculpt & Balance <i>Linda</i>	14 8:45- Yoga <i>Pam Eaton</i> 10:00- Zumba <i>Kathi</i> 4:00- Pilates <i>Kaitlen</i>	15 8:15- Cardio Blast/ Power Sculpt <i>Linda</i> 9:15- Cardio Blast/ Power Sculpt <i>Linda</i>	16 8:45- Yoga <i>Vanessa</i> 10:00- CORE <i>Kelly</i>	17 8:15- Beach Walk <i>Linda</i> 9:15- Beach Walk <i>Linda</i>
20 8:15- Interval Training <i>Linda</i> 9:15- Interval Training <i>Linda</i>	21 8:45- Yoga <i>Vanessa</i> 4:00- Pilates <i>Kaitlen</i>	22 8:15- Cardio Blast/ Yoga Sculpt <i>Linda</i> 9:15- Cardio Blast/ Yoga Sculpt <i>Linda</i>	23 8:45- Yoga <i>Vanessa</i> 10:00- CORE <i>Kelly</i>	24 8:15- Cardio Blast/ Stretch & Relaxation <i>Linda</i> 9:15- Cardio Blast/ Stretch & Relaxation <i>Linda</i>
27 8:15- Cardio Blast/ Power Sculpt <i>Linda</i> 9:15- Cardio Blast/ Power Sculpt <i>Linda</i>	28 8:45- Yoga <i>Vanessa</i> 4:00- Pilates <i>Kaitlen</i>	29 8:15- Cardio Blast/ Pilates Posture <i>Linda</i> 9:15- Cardio Blast/ Pilates Posture <i>Linda</i>		

Instructors- Linda Lisko ● Georgene Campbell ● Kathi Wolever ● Kelly Linaugh ● Vanessa Pedersen ● Kaitlen Groetzinger

**Fitness Center Hours**

**Monday-Friday 7am-7pm ● Saturday & Sunday 8am-2pm**

Schedule is subject to change. Classes are 1 hour in length.

The Sea Pines Resort Fitness Center 843.842.1979



## The Sea Pines Resort Fitness Class Descriptions

**BEACH WALK** – Grab a resistance band and head out to the beach with us! We combine power walking and resistance training along the beautiful Sea Pines beach. A great change from indoor classes!

**BENDER BALL PILATES**- Basic mat exercises using a small fitness ball to create imbalance and deeper core challenge.

**BUTTS AND GUTS** – Self explanatory! The best toning exercises for the gluteus and abdominals.

**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** – 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!!

**CORE**- Athletes know that having a strong CORE is essential to performance and preventing injury! Come join us for a powerful class that will strengthen abdominals, lower back, hips, and glutes. This creative series blends hand weights, ankle weights, balls and stretching to promote a chiseled mid-section.

**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!

**HATHA YOGA** - improves physical strength, increases flexibility, reduces stress, increases energy, improves respiratory health and reduces stress.

**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.

**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.

**PILATES POSTURE** – In this class we will focus on some of the best Pilates moves to strengthen our spine and correct those poor postural habits we have developed over the years. A discussion of neutral spine and proper breathing technique will be provided.

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

**RESISTANCE BAND** – Bands provide a smooth, constant motion much like a cable machine which makes it feel harder than free weights. They are typically easier on your joints while providing a more intense muscular challenge!

**SCULPT & BALANCE** – We incorporate light weights into this workout that is focused on core strength, stability, balance, improved posture and alignment and MORE!

**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!

**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.

**YOGA SCULPT**- A combination of Yoga postures done with weights. Slightly more challenging, but modifications are always provided.

**ZUMBA**- a blend of Latin and International music and dance that produces a vibrant and effective fitness workout! The routines feature aerobic interval training with alternating rhythms that focus on toning and muscular strength. Zumba utilizes the principals of cardiovascular conditioning, and resistance training to maximize fat burning and total body exercise!

### Membership Rates

Daily \$10 ● Weekly \$50 ● 1 Month \$100 ● 3 Months \$200 ● 6 Months \$300  
Annual \$450 ● Annual Couple \$400 per person

The Sea Pines Resort Fitness Center at the Plantation Club 843.842.1979