



April 2026 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		8:00 Cardio Craze & Strength Polly 9:00 Stretch with Core Sharon	8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	8:00 Mat Pilates Polly 9:00 Tabata Vilma	8:15 Mat Pilates Polly
6	7	8	9	10	11
8:00 Yoga Nick 9:00 Cardio Strength Interval Polly	8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	8:00 Cardio Craze & Strength Polly 9:00 Stretch with Core Sharon	8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	8:00 Mat Pilates Polly 9:00 Tabata Vilma	8:15 Mat Pilates Polly
13	14	15	16	17	18
9:00 Cardio Strength Interval Sharon	8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	8:00 Cardio Craze & Strength Polly 9:00 Stretch with Core Sharon	8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	8:00 Mat Pilates Polly 9:00 Tabata Vilma	No Class
20	21	22	23	24	25
8:00 Yoga Nick 9:00 Cardio Strength Interval Sharon	8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	8:00 Cardio Craze & Strength Polly 9:00 Stretch with Core Sharon	8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	8:00 Mat Pilates Polly 9:00 Tabata Vilma	8:15 Mat Pilates Polly
27	28	29	30		
8:00 Yoga Nick 9:00 Cardio Strength Interval Sharon	8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	8:00 Cardio Craze & Strength Polly 9:00 Stretch with Core Sharon	9:00 Tabata Sharon		

Schedule is subject to change. Please visit www.seapines.com/fitness for the most current schedule



May 2026 Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
				1
No classes on Saturdays or Sundays				9:00 Tabata Vilma
4	5	6	7	8
9:00 Cardio Strength Interval Sharon	9:00 Tabata Sharon	9:00 Stretch with Core Sharon	9:00 Tabata Sharon	No class
11	12	13	14	15
9:00 Cardio Strength Interval Sharon	9:00 Fit Fusion Polly	9:00 Cardio Craze & Strength Polly	9:00 Tabata Sharon	9:00 Tabata Vilma
18	19	20	21	22
9:00 Cardio Strength Interval Sharon	9:00 Fit Fusion Polly	8:30 Beach Yoga Nick 9:00 Cardio Craze & Strength Polly	9:00 Tabata Polly	9:00 Tabata Vilma
25	26	27	28	29
9:00 Cardio Strength Interval Sharon	9:00 Fit Fusion Polly	8:30 Beach Yoga Nick 9:00 Cardio Craze & Strength Polly	9:00 Tabata Polly	9:00 Tabata Vilma

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All classes except for Beach Yoga will take place at The Sea Pines Resort Fitness Center. \$22 per person for Beach Yoga classes and \$20 for all other classes for both guests and non-members.

Tabata - Join us for an interval training class that consists of five cycles of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. Tabata is a great way to burn calories, build strength and condition the heart in a short period of time. All levels welcome.

Cardio Strength Interval - Join us for an interval-based class that combines full-body strength exercises alternated with short bursts of cardiovascular exercises. Each class also incorporates core, strength training, and relaxing stretches. All levels welcome.

Fit Fusion - This energizing class focuses on all the basic components of fitness: strength, cardio, balance, and flexibility. All levels welcome.

Cardio Craze & Strength- This class has 30 minutes of fun, upbeat cardio that will fire up your metabolism and keep your body moving. The last 15 minutes of class transition into strength training that sculpts lean muscle and improves stability.

Stretch with Core - Join us for a 45-minute total body stretch class that includes abdominal strengthening exercises and balance exercises. Stretching increases your range of motion, which means your limbs and joints can move through a greater range of motion helping to ward off injury. Great class for golfers, tennis and pickleball players.

Beach Yoga- Join us for a yoga class that takes place on the beach. Enjoy the beautiful views of the ocean as you relax and focus on strength, flexibility, and balance. Please bring your own towel to use as your yoga mat and meet your instructor on the beach. (Note: Instructor will have a small American Flag windsock with them to help identify the area for class.) On Wednesday's, please try to arrive at the beach by 8:30am with a class start time of 8:40am.

Hours of Operation

Monday - Friday 7:30am-6:00pm
Saturday - Sunday 8:00am-3:00pm

Membership Rates

Daily \$20 · Weekly \$75 ·
1 Month \$145 · 3 Months \$305 · 6 Months \$440
Annual \$665 · Annual Couple \$620 per person

Weekly memberships to fitness center are \$75. Classes are included in weekly membership option. (Please make sure to receive promotion code to register for classes on FareHarbor.)

Private classes and personal training available.

843-842-1979