

December 2025 Fitness Class Schedule

| Monday                                                                                                       | Tuesday                                                                                                              | Wednesday                                                                                                                         | Thursday                                                                                                                                               | Friday                                                 |
|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| <div>1</div> <div>8:00 Yoga<br/><b>Nick</b></div> <div>9:00 Total Body Conditioning<br/><b>Sharon</b></div>  | <div>2</div> <div>8:00 Cardio Build &amp; Burn<br/><b>Cecily</b></div> <div>9:00 Fit Fusion<br/><b>Sharon</b></div>  | <div>3</div> <div>8:00 Total Body Conditioning<br/><b>Polly</b></div> <div>9:00 Stretch with Core<br/><b>Sharon</b></div>         | <div>4</div> <div>8:00 Cardio Build &amp; Burn<br/><b>Cecily</b></div> <div>9:00 Fit Fusion<br/><b>Cecily</b></div>                                    | <div>5</div> <div>9:00 Tabata<br/><b>Vilma</b></div>   |
| <div>8</div> <div>8:00 Yoga<br/><b>Nick</b></div> <div>9:00 Total Body Conditioning<br/><b>Sharon</b></div>  | <div>9</div> <div>8:00 Cardio Build &amp; Burn<br/><b>Cecily</b></div> <div>9:00 Fit Fusion<br/><b>Cecily</b></div>  | <div>10</div> <div>8:00 Total Body Conditioning<br/><b>Polly</b></div> <div>9:00 Cardio Strength Interval<br/><b>Sharon</b></div> | <div>11</div> <div>8:00 Cardio Build &amp; Burn<br/><b>Cecily</b></div> <div>9:00 Fit Fusion<br/><b>Cecily</b></div>                                   | <div>12</div> <div>9:00 Tabata<br/><b>Vilma</b></div>  |
| <div>15</div> <div>8:00 Yoga<br/><b>Nick</b></div> <div>9:00 Total Body Conditioning<br/><b>Sharon</b></div> | <div>16</div> <div>8:00 Cardio Build &amp; Burn<br/><b>Cecily</b></div> <div>9:00 Fit Fusion<br/><b>Cecily</b></div> | <div>17</div> <div>8:00 Total Body Conditioning<br/><b>Polly</b></div> <div>9:00 Stretch with Core<br/><b>Sharon</b></div>        | <div>18</div> <div>8:00 Cardio Build &amp; Burn<br/><b>Cecily</b></div> <div>9:00 Fit Fusion<br/><b>Cecily</b></div>                                   | <div>19</div> <div>9:00 Tabata<br/><b>Sharon</b></div> |
| <div>22</div> <div>8:00 Yoga<br/><b>Nick</b></div>                                                           | <div>23</div> <div>9:00 Fit Fusion<br/><b>Polly</b></div>                                                            | <div>24</div> <div>9:00 Total Body Conditioning<br/><b>Polly</b></div>                                                            | <div>25</div> <div>  <p><b>CHRISTMAS DAY</b><br/>Closed</p> </div> | <div>26</div> <div>No class</div>                      |
| <div>29</div> <div>8:00 Yoga<br/><b>Nick</b></div> <div>9:00 Total Body Conditioning<br/><b>Sharon</b></div> | <div>30</div> <div>9:00 Cardio Strength Interval<br/><b>Sharon</b></div>                                             | <div>31</div> <div>No Class</div>                                                                                                 | <div>January 1</div> <div>No Class</div>                                                                                                               |                                                        |

Schedule is subject to change. Please visit [www.seapines.com/fitness](http://www.seapines.com/fitness) for the most current schedule



**All classes will take place at The Sea Pines Resort Fitness Center**

**\$18 per person for 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.

**Total Body Conditioning:** Come experience an energizing class that targets every major muscle group through a mix of strength, cardio, and core exercises. Using free weights and bodyweight movements, build strength, endurance, and flexibility in a fun, supportive environment. All levels welcome.

**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.

**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 welcomed.

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

**Cardio Build and Burn-** Build muscle using body weight exercise and dumbbells. Burn calories with aerobic intervals. Modifications provided for all levels. All major muscle groups will be incorporated throughout the class.

**Yoga-** The Flow series, a graceful and dynamic class that works on breathing and body movement. Yoga develops strength, flexibility, poise, balance and will help you reduce your stress level. All levels are welcome; modifications can be made.

**Hours of Operation**

**Monday - Friday 7:30am-6:00pm**

**Saturday - Sunday 8:00am-3:00pm**

**Membership Rates**

**Daily \$18 · Weekly \$70 ·**

**1 Month \$135 · 3 Months \$285 · 6 Months \$415**

**Annual \$625 · Annual Couple \$580 per person**

Weekly memberships to fitness center are \$70.

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**

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