



January 2026 Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			<div>1</div> Happy New Year No Classes	<div>2</div> 9:00 Tabata Vilma
<div>5</div> 8:00 Yoga Nick 9:00 Cardio Strength Interval Polly	<div>6</div> 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	<div>7</div> 8:00 Cardio Craze & Strength Polly 9:00 Stretch with Core Polly	<div>8</div> 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	<div>9</div> 9:00 Tabata Polly
<div>12</div> 8:00 Yoga Nick 9:00 Cardio Strength Interval Sharon	<div>13</div> 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	<div>14</div> 8:00 Cardio Craze & Strength Polly 9:00 Cardio Strength Interval Sharon	<div>15</div> 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	<div>16</div> 9:00 Tabata Vilma
<div>19</div> 8:00 Yoga Nick 9:00 Cardio Strength Interval Sharon	<div>20</div> 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	<div>21</div> 8:00 Cardio Craze & Strength Polly 9:00 Stretch with Core Sharon	<div>22</div> 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	<div>23</div> 9:00 Tabata Vilma
<div>26</div> 8:00 Yoga Nick 9:00 Cardio Strength Interval Sharon	<div>27</div> 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	<div>28</div> 8:00 Cardio Craze & Strength Polly 9:00 Cardio Strength Interval Sharon	<div>29</div> 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	<div>30</div> 9:00 Tabata Polly 10:00 Stretch with Core Sharon

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



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

\$20 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.

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 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 of injury. Great class for golfers, tennis and pickleball players

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 7:30 am-6:00 pm

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

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

