



July 2026 Fitness and Aquatic Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30 Beach Yoga-Nick  8:30 Aqua Tabata* <b>Sharon</b> 9:00 Cardio Craze & Strength <b>Polly</b> 7:00pm Evening Beach Yoga-Nick	2  9:00 Tabata <b>Sharon</b>	3  9:00 Tabata <b>Vilma</b>
6 8:30 Cardio Splash* <b>Sharon</b>  9:00 Fit Fusion <b>Polly</b>	7  9:00 Stretch with Core <b>Sharon</b>	8 8:30 Beach Yoga-Nick  8:30 Aqua Tabata* <b>Sharon</b> 9:00 Cardio Craze & Strength <b>Polly</b> 7:00pm Evening Beach Yoga-Nick	9  9:00 Tabata <b>Jillian</b>	10  9:00 Tabata <b>Vilma</b>
13 8:30 Cardio Splash* <b>Sharon</b>  9:00 Fit Fusion <b>Polly</b>	14  9:00 Stretch with Core <b>Sharon</b>	15 8:30 Aqua Tabata* <b>Sharon</b> 9:00 Cardio Craze & Strength <b>Polly</b>	16  9:00 Tabata <b>Jillian</b>	17  9:00 Tabata <b>Vilma</b>
20 8:30 Cardio Splash* <b>Sharon</b>  9:00 Tabata <b>Jillian</b>	21  9:00 Stretch with Core <b>Sharon</b>	22 8:30 Beach Yoga-Nick  9:00 Cardio Strength Interval <b>Sharon</b> 7:00pm Evening Beach Yoga-Nick	23  9:00 Tabata <b>Sharon</b>	24  9:00 Tabata <b>Vilma</b>
27 8:30 Cardio Splash* <b>Sharon</b> 9:00 Fit Fusion <b>Polly</b>	28  9:00 Stretch with Core <b>Sharon</b>	29 8:30 Beach Yoga <b>Nick</b> 9:00 Cardio Craze & Strength <b>Polly</b>	30  9:00 Tabata <b>Polly</b>	31  9:00 Tabata <b>Vilma</b>



**All classes except Aquatic Classes and Beach Yoga will take place at The Sea Pines Fitness Center. \$22 for Beach Yoga classes and \$20 for all other classes for both guests and non-members. Reservations are required and class sizes are limited. Reservations can be made at [www.seapines.com/fitness](http://www.seapines.com/fitness)**

**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.

**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.

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

**Cardio Splash:** Join us for a refreshing shallow aquatic class designed to maximize the water's resistance. Improve cardiovascular fitness, muscular strength and endurance, and flexibility. Experience the benefits of water training. *If you are part of the Escape Vacation Package, please present ticket to the instructor upon arrival.*

**Aqua Tabata:** Come join us for an interval training workout performed in the shallow end of the pool. Workout burns calories but is easy on the joints. Class may use noodles and foam weights for additional resistance against the water.

**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 an American Flag Windsock to help identify the area for class.) Please try to arrive at the beach by 8:30am with a class start time of 8:40am. For evening Beach Yoga please arrive by 6:50 pm with class starting at 7:00 pm. **If class is cancelled due to inclement weather, you will receive notification via email and/or text message.**

#### 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**