



July 2026 Fitness and Aquatic Class Schedule

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

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



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

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

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