November 2026 Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 **No class**	2 8:00 Yoga **Nick** 9:00 Cardio Craze & Strength **Polly**	3 8:00 Cardio Build & Burn **Cecily** 9:00 Fit Fusion **Cecily**	4 8:00 Tabata **Jillian** 9:00 Cardio Strength Interval **Sharon**	5 8:00 Cardio Build & Burn **Cecily** 9:00 Fit Fusion **Cecily**	6 9:00 Tabata **Vilma**
8 **No class**	9 8:00 Yoga **Nick** 9:00 Cardio Craze & Strength **Polly**	10 8:00 Cardio Build & Burn **Cecily** 9:00 Fit Fusion **Cecily**	11 8:00 Tabata **Sharon** 9:00 Cardio Strength Interval **Sharon**	12 8:00 Cardio Build & Burn **Cecily** 9:00 Fit Fusion **Cecily**	13 9:00 Tabata **Vilma**
15 9:00 Mat Pilates **Polly**	16 8:00 Yoga **Nick** 9:00 Cardio Craze & Strength **Polly**	17 8:00 Cardio Build & Burn **Cecily** 9:00 Fit Fusion **Cecily**	18 8:00 Tabata **Sharon** 9:00 Cardio Strength Interval **Sharon**	19 8:00 Cardio Build & Burn **Cecily** 9:00 Fit Fusion **Cecily**	20 9:00 Tabata **Vilma** 10:00 Stretch with Core **Sharon**
22 9:00 Mat Pilates **Polly** 10:00 Stretch with Core **Alyssa**	23 8:00 Yoga **Nick** 9:00 Cardio Craze & Strength **Polly**	24 8:00 Cardio Build & Burn **Cecily** 9:00 Fit Fusion **Cecily**	25 **No Class**	26 **THANKSGIVING** **Fitness Center open 7:30 am-12 pm** **No Class**	27 **No Class**
29 9:00 Mat Pilates **Polly** 10:00 Stretch with Core **Alyssa**	30 9:00 Cardio Craze & Strength **Polly**				No classes are offered on Saturdays.

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

Fitness Class Reservations

All classes will take place at The Sea Pines Resort Fitness Center. $20 per person for classes for both guests and non-members. Advanced reservations are strongly recommended. Registration opens each Friday between 12:00 and 2:00 p.m. for classes starting on the second Monday following registration, a full 10 days after the registration window opens. This registration process remains in effect from October through April.

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 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 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.

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.

Mat Pilates- This full-body Mat Pilates class focuses on core strength, stability, posture, and flexibility using controlled movements, precise sequencing, breath awareness, and exercises that will help you build strength from the center out. Suitable for all levels with options provided.

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.

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 are available.
843-842-1979

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