



September 2026 Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 Stretch with Core Sharon	9:00 Cardio Craze & Strength Polly	9:00 Tabata Sharon	9:00 Tabata Vilma
7	8	9	10	11
Happy Labor Day! No Class	9:00 Stretch with Core Sharon	9:00 Cardio Craze & Strength Polly	9:00 Tabata Jillian	9:00 Tabata Vilma
14	15	16	17	18
9:00 Cardio Strength Interval Sharon	9:00 Stretch with Core Sharon	9:00 Cardio Strength Interval Sharon	9:00 Tabata Jillian	9:00 Tabata Vilma
21	22	23	24	25
9:00 Fit Fusion Polly	9:00 Stretch with Core Sharon	9:00 Cardio Craze & Strength Polly	9:00 Tabata Jillian	9:00 Tabata Vilma
28	29	30		
9:00 Fit Fusion Polly	9:00 Stretch with Core Polly	9:00 Cardio Craze & Strength Polly		

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

\$22 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 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 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.

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 available.

843-842-1979