



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
8:00 Fit Fusion Polly 9:00 Fit Fusion Polly	9:00 Stretch with Core Sharon	8:00 Cardio Craze & Strength Polly 9:00 Tabata Jillian	9:00 Tabata Jillian	9:00 Tabata Vilma
28	29	30		
8:00 Fit Fusion Polly 9:00 Fit Fusion Polly	9:00 Stretch with Core Sharon	8:00 Cardio Craze & Strength Polly 9:00 Cardio Strength Interval Sharon		

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



October 2026 Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Note: No classes on Saturdays				1 9:00 Tabata Jillian	2 9:00 Tabata Polly
4 9:00 Mat Pilates Polly	5 8:00 Cardio Craze & Strength Polly 9:00 Cardio Craze & Strength Polly	6 8:00 Cardio Craze & Strength Polly 9:00 Cardio Strength Int Sharon	7 8:00 Cardio Craze & Strength Polly 9:00 Stretch w Core Sharon	8 9:00 Tabata Jillian	9 9:00 Tabata Vilma
11 9:00 Stretch w Core Alyssa	12 9:00 Tabata Jillian	13 8:00 Cardio Craze & Strength Polly 9:00 Cardio Strength Int Sharon	14 8:00 Cardio Craze & Strength Polly 9:00 Stretch w Core Sharon	15 8:00 Cardio Craze & Strength Polly 9:00 Tabata Jillian	16 9:00 Tabata Vilma
18 No class	19 8:00 Yoga Nick 9:00 Cardio Craze & Strength Polly	20 8:00 Cardio Build & Burn Polly 9:00 Tabata Jillian	21 8:00 Tabata Jillian 9:00 Stretch w Core Sharon	22 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	23 9:00 Tabata Vilma
25 9:00 Mat Pilates Polly 10 Stretch w Core Alyssa	26 8:00 Yoga Nick 9:00 Cardio Craze & Strength Polly	27 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	28 8:00 Tabata Jillian 9:00 Stretch w Core Sharon	29 8:00 Cardio Build & Burn Cecily 9:00 Fit Fusion Cecily	30 9:00 Tabata Vilma

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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 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.

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.

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 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