

















# Seascape Sports Club - Fitness Class Schedule - MARCH 2009

	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A M</b>	6:30		<b>ADULT* SWIM</b> Roger		<b>ADULT* SWIM</b> Roger			
	8:00	<b>ZUMBA</b> Mary M	<b>PILATES Core</b> Willow	<b>ZUMBA</b> Mary M	<b>CARDIO SCULPT</b> Maria	<b>ZUMBA</b> Mary W		<b>ADULT SWIM*</b> Roger
	9:00	<b>YOGA II</b> Martha	<b>CARDIO DANCE</b> Annie	<b>PILATES Core</b> Wendy <b>AQUA</b> Laurel / Melissa	<b>CARDIO DANCE</b> Annie	<b>STABILITY SCULPT</b> Denise/ Maria	<b>PILATES Core</b> Willow <b>AQUA</b> Bing	<b>CORE TRAINING</b> Martha
	10:00	<b>YOGA Stretch</b> Martha <b>CIRCUITS</b> Kelly	<b>YOGA I</b> Martha	<b>YOGA STRETCH</b> Gabriel	<b>YOGA I</b> Martha	<b>YOGA Stretch</b> Jasmin <b>AQUA</b> Blue	<b>CIRCUITS</b> Judy <b>YOGA II</b> Jasmin	<b>YOGA I</b> Margaret A
	11:00	<b>PILATES STRENGTH</b> TBD	<b>ZUMBA</b> Mary M	<b>YOGA</b> For Tennis / Golf Jasmin	<b>ZUMBA</b> Kelly	<b>YOGA</b> For Tennis / Golf Wendy	<b>YOGA STRETCH</b> Jasmin	<b>YOGA STRETCH</b> Sandy C
<b>P M</b>	12:00					<b>CIRCUITS</b> Wendy		
	5:00	<b>AQUA</b> Gloria				<b>CHILDCARE PROJECTS</b>  Week 1 - Animal Cards Week 2 - Self Portrait Week 3 - Tissue Paper Flower Week 4 - Tennis Ball Chicks 		
	5:30	<b>ZUMBA</b> TBD	<b>ZUMBA</b> Joanie	<b>CIRCUITS</b> Kelly <b>YOGA Stretch / I</b> Sonia	<b>ZUMBA</b> Mary W / Joanie			
	6:30	<b>YOGA Stretch</b> Kim <b>ADULT SWIM*</b> Laura	<b>YOGA II</b> Margaret A	<b>ADULT SWIM*</b> Laura	<b>PILATES STRENGTH</b> Sandy B / Michelle			

## CLASS DESCRIPTIONS

Denise Russo – Group Exercise Director

**Aqua Aerobics:** This is a great way to get a cardiovascular workout without impacting the joints. Water creates resistance which builds muscle tone. Enjoy a high-intensity workout that is a lot of fun.

**Cardio Dance:** This aerobic based dance workout will raise your heart rate while doing the latest dance moves. Choreography changes monthly and is taught in an easy-to-learn, add-on style.

**Cardio Sculpt:** Half cardio and half resistance training, as you rotate through different stations, you will feel your heart pump and your muscles burn. This class combines step and/or hi-low with tubing hand weights, body bars and balls.

**Circuits:** A challenging group workout that can be completed in just 30 minutes. Each session is a different workout utilizing weight machines and cardio stations. Includes warm-up, cool down and stretching. **(Meets in the Fitness Center.)**

**Core Training:** This class is for those who like the core training that comes from traditional Pilates combined with the stability training that comes with working on the ball. Open to all levels of fitness, come work those key, core muscles.

**Adult Swim:** Adult Swim is for those seeking a solid aerobic workout. Focusing on distance with freestyle swimming in groups at your own speed. Course typically 1.5 – 2 miles. Time is spent on

drills to improve technique. The focus is on open water events not swim meets. **(\*Additional instructor fee \$3 per class.)**

**Pilates:** Combines calisthenics, yoga, and with our stability balls to improve overall balance dance based exercises to build long supple muscles. Focus is on the mind-body connection.

**Pilates Strength:** Incorporates resistance training.

**Stability Sculpt:** Stability balls are the hottest tool for developing core strength and balance. This class incorporates a variety of sculpting equipment, kinesthetic awareness and strength.

**Yoga:** This class utilizes the **Tri-Yoga** method of instruction that emphasizes overall flexibility from head to toe incorporating basic yoga postures with slow stretches in a flowing style. **Yoga for Tennis/Golf:** Focuses on these sport specific muscles.

**Yoga-Stretch:** This slow-paced class is ideal for those new to stretching. Routines are gentle, safe & easy to follow. Perfect for stiff joints and muscles.

**Zumba:** A high energy dance workout set to a fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba maximizes caloric output, fat burning and total body toning. **All levels are encouraged to attend.**

**Non Members Welcome to Participate in Classes**

**Hours of Operation**

DAYS	CLUB FACILITY	SWIM CENTER
Mon.-Fri.	5:30am-9pm	5:30am-8pm
Sat./Sun.	7am-7pm	7am-6pm

### Child Care

8 a.m. - 7 p.m.	Monday - Thursday
8 a.m. - 4 p.m.	Friday
<b>4 p.m. - 9 p.m.</b>	<b>Friday Night*</b>
10 a.m. - 3 p.m.	Saturday-Sunday

**\*Parents' Night Out**

**(24-hr Advance Reservation required / \$10 per hour - siblings 1/2 price)**

Childcare Cost	Hour	1/2Hour
Member	\$4.00	\$2.50
Non-Member	\$7.00	\$4.00

Class Fee	Daily	Monthly
Member	\$3	\$10
Non-Member	\$12	\$44

[www.SeascapeSportsClub.com](http://www.SeascapeSportsClub.com)