



June is National Men's Health Month! It's observed every June to raise awareness of preventable health problems and to help men establish healthy habits. Participating in Group Exercise classes is one of those healthy habits.



SEASCAPE SPORTS CLUB • GROUP EXERCISE SCHEDULE June 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM Studio 1	Zumba Coleen	QiGong Roxanne	Zumba Lisa	QiGong Roxanne	Zumba Lisa	Zumba Christy	Zumba Christy
9:15 AM Studio 1	Yoga Heidrun	Yoga Michele	Yoga Cambell	Yoga Michele	Yoga Heidrun	Yoga Shauni	Yoga Sonia
9:15 AM Outdoors	Boot Camp Beverly	Boot Camp Vanessa (9am)	Boot Camp Beverly	Boot Camp Vanessa (9am)	Boot Camp Beverly	Boot Camp Sonia	
9:30 AM Lap Pool	Aqua Laurel	Aqua Zumba Dora	Aqua Laurel	Aqua Zumba Dora	Aqua Sharon		
10:30 AM Studio 1	Pilates Mara	Pilates Sonia	Pilates Mara	Pilates Sonia	Pilates Mara	Pilates Sonia	Pilates Mara
10:30 AM Outdoors	Group Cycle* Beverly		Group Cycle* Beverly		Group Cycle* Beverly	HOURS OF OPERATION: 7AM – 7PM	
MASTERS SWIM** 6:15am – Tues & Thurs: Roger • Wed & Fri: Laura							
5:15 PM Studio 1	Body Sculpt Maria	Yoga Joanne	Body Sculpt Maria	Yoga Joanne		Class Fees: Member — \$10/day or \$15/month Non-member — \$20/day Seascope Resort Guests — Free* <i>*restrictions may apply</i>	

CLASS DESCRIPTIONS

SEASCAPE SPORTS CLUB

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AQUA: A great cardiovascular way to build muscle tone without impacting your joints

AQUA ZUMBA: Low impact, high energy, cross training water fitness class. All levels.

BODY SCULPT: Complete body resistance training.

BOOT CAMP: Instructors will guide you through functional strength activities and high intensity intervals to train you for the movement in life and boost your metabolism. Focus is on proper technique with modifications provided for all levels.



GROUP CYCLE*: Ultimate cardio-respiratory workout

PILATES: Strengthen core muscles and improve overall balance and flexibility

QIGONG: Mind-body movements focused on integrating energy (Qi) posture, movement, self-massage, and intent into a practice (Gong) that is strengthening and restorative.

YOGA: A combination of flowing movements and held poses - all focusing on proper breathing technique. Modifications are offered by our instructors for any movement to meet each individual's specific needs.

ZUMBA: High energy dance workout. All levels.



**Members may reserve 24 hours in advance*

****MASTERS SWIM:** Open to Accomplished Swimmers Dedicated to Improving their Fitness



MASSAGE THERAPY • PERSONAL TRAINING • REFORMER PILATES: (Additional Fee Required)