



















Seascape Sports Club - Group Exercise Schedule - MAY 2012

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		ADULT SWIM Roger		ADULT SWIM Roger			
8:00 AM	ZUMBA Mary W	MAT PILATES Aimee	ZUMBA Kelly	CARDIO SCULPT Maria	ZUMBA Kelly	ZUMBA Chris	ADULT SWIM Roger
9:00 AM	PILATES FUSION Margaret C	CARDIO DANCE Annie	Pilates Fusion Wendy AQUA Melissa	CARDIO DANCE Annie	STABILITY SCULPT Maria	Pilates Fusion Margaret C AQUA Blue	PILATES FUSION Martha
10:00 AM	Hatha Yoga Margaret C CIRCUITS Wendy	TRI YOGA Gabriel	HATHA YOGA Wendy	TRI YOGA Martha	Restoration Pilates Martha AQUA Blue	TRI YOGA Gabriel (90 Minutes)	HATHA YOGA Jen
11:00 AM	TRI YOGA Martha (90 Minutes)	PILATES FUSION Michelle	TRI YOGA Jasmin (90 Minutes)	MAT PILATES Willow	TRI YOGA Martha (90 Minutes)		TRI YOGA Sandy (90 Minutes)
12:00 PM						CIRCUITS Judy	
5:00 PM	AQUA Gloria				Hours Of Operation/Fees		
5:30 PM	MAT PILATES Stephanie	ZUMBA Joanie	CIRCUITS Kelly TEEN FITNESS Denise	CORE STRENGTH & STRETCH Judy	Days Mon-Fri 5:30am-9pm Sat/Sun 7am-7pm		
6:00 PM	ADULT SWIM Laura		ADULT SWIM Laura		Child Care Monday-Thursday 9am-6pm Friday 9am-2pm First Friday 5pm-9pm (Resv. Required) Saturday-Sunday 10am-3pm		
6:30 PM	TRI YOGA Kim	Pilates Fusion Wendy	TRI YOGA Sonia		Childcare Fee Member \$5 \$3 Non-Member \$8 \$5		
					Class Fee * Member \$3 \$10 Non-Member \$14 \$48		
					Hour 1/2Hour Daily Monthly *Classes 55 minutes unless otherwise noted		

CLASS DESCRIPTIONS • Denise Russo - Group Exercise Director • NON MEMBERS WELCOME!

Aqua: 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 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, Gliding Discs and balls.

Circuits: A challenging strength training workout that can be completed in 30 or 60 minutes. Each session focuses on strength, endurance, and proper form utilizing weight machines and cardio stations. **(Meets in the Fitness Center)**

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 for non-members.)

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.

Pilates: Based on traditional style of Pilates, these classes use the mind-body connection to strengthen core muscles and improve overall balance and flexibility.

- A. Pilates Mat: traditional format with limited use of props.
- B. Pilates Fusion: May include use of stability balls, and other resistant equipment with a full body workout.

C. Restorative Pilates: appropriate for all levels, especially for those who are returning to fitness or recovering from an injury. May use props

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

TriYoga®: Includes relaxation-in-action spinal movements and economy of motion while increasing strength, flexibility, endurance and breath control:

- A. **Basic:** for those new to Tri-Yoga® and/or who want to strengthen core alignments.
- B. **Level 1:** adding more postures to the basic poses, to help increase strength with slow stretches in a flowing style.
- C. **Level 11:** advanced postures for the experienced yoga student.

Hatha Yoga: Incorporates breath with movement. Poses are both flowing and sustained for maximum strength and flexibility. Modifications for varying levels are given in the class.

Teen Fitness: Keeping pace with our pre-teens and teens, this format (and the music) changes weekly to include cardio, strength and flexibility. Use steps, stability balls, hand weights and more to develop fitness while having fun with friends, to current pop music! (12+)

Qigong: Align breathing, physical activity, and awareness for mental, spiritual and corporeal health to promote healing and longevity. This ancient Chinese practice has many benefits, including bringing ones energy into balance.

Cardio Dance: Aerobic based dance work out 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.

Core, Strength and Stretch: See class description for Stability Sculpt, with emphasis on core strengthening followed by extended stretch.