

Seascape Sports Club - Group Exercise Schedule - AUGUST 2010

	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M	6:30	 ADULT SWIM Roger	 ADULT SWIM Roger	 ADULT SWIM Roger	 ADULT SWIM Roger	 ADULT SWIM Roger		
	8:00	ZUMBA Mary W	Pilates Fusion Willow	ZUMBA Kelly	CARDIO Sculpt Maria	ZUMBA Mary W	ZUMBA Andrea	ADULT SWIM Roger
	9:00	TRI YOGA II Martha	CARDIO Dance Annie	Pilates Fusion Wendy AQUA SWIM Laurel/Melissa	CARDIO Dance Annie	Stability Sculpt Maria/Denise	Pilates Fusion Willow AQUA SWIM Bing	Pilates Fusion Martha
	10:00	Pilates Fusion Margaret C	TRI YOGA I Martha	HATHA Yoga Wendy	Tri Yoga I Gabriel	Pilates Fusion Martha AQUA SWIM Blue	Tri Yoga II Jasmin CIRCUITS Judy	Tri Yoga I Margaret A
		CIRCUITS Kelly						
11:00	HATHA Yoga Jen	Pilates Fusion Michelle	Tri Yoga Basic Jasmin	Pilates Fusion Willow	TRI YOGA I Martha	TriYoga Basics Jasmin	TriYoga Basics Sandy C	
P M	12:00	 CIRCUITS Wendy	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	CHILDCARE PROJECTS	
	5:00	AQUA Gloria	 Week 1 Painted Rock People	 Week 2 Masks	 Week 3 Flower Power	 Week 4 Fun with Felt	Week 4 Fun with Felt 	
	5:30	Pilates Fusion (5:00) Margaret	ZUMBA Joanie	CIRCUITS Kelly	Pilates Fusion Sandy B/Michelle		Non Members Welcome to Participate in Classes	
	6:00	ADULT SWIM Laura	 ADULT SWIM Laura	Tri Yoga Basic Sonia				
	6:30	TriYoga Basics Kim	TRI YOGA II Margaret A					

CLASS DESCRIPTIONS

Denise Russo - Group Exercise Director

Aqua Aerobics: 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: 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.

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 workout that can be completed in 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.)

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 to 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.)

Pilates Fusion: Based on traditional style of Pilates, these classes use the mind-body connection to strengthen core muscles and improve overall balance and flexibility. Classes may be traditional mat-only or include the use of props such as stability balls, Pilates balls, Magic Circles and resistance equipment creating a full body workout.

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:

- Basic:** for those new to Tri-Yoga® and/or who want to strengthen core alignments.
- Level I:** adding more postures to the basic poses, to help increase strength with slow stretches in a flowing style.
- Level II:** 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.

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.

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
10 a.m. - 3 p.m.	Saturday-Sunday

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	\$14	\$48

www.SeascapeSportsClub.com