






# Seascape Sports Club - Group Exercise Schedule - OCTOBER 2010

	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A M</b>	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 Laurel/Melissa	CARDIO Dance Annie	Stability Sculpt Maria/Denise	Pilates Fusion Willow AQUA Bing	Pilates Fusion Martha
	10:00	Pilates Fusion Jen CIRCUITS Kelly	TRI YOGA I Martha	HATHA Yoga Wendy	Tri Yoga I Gabriel	Pilates Fusion Martha AQUA Blue	Tri Yoga II Jasmin CIRCUITS Judy	Tri Yoga I Margaret A
	11:00	HATHA Yoga Wendy	Pilates Fusion Michelle	Tri Yoga Basic Jasmin	Pilates Fusion Willow	TRI YOGA I Martha	TriYoga Basics Jasmin	TriYoga Basics Sandy C
<b>P M</b>	12:00	 CIRCUITS Wendy	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	Week 1 Kazoo	
	5:00	AQUA Gloria	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	Week 2 Paper Plate Skeletons	
	5:30	Pilates Fusion X (5 - 6:30) Margaret	ZUMBA Joanie	CIRCUITS Kelly	Pilates Fusion Sandy B/Michelle	 CHILDCARE PROJECTS	Week 3 Q-tip Skeleton	
	6:00	ADULT SWIM Laura	 CHILDCARE PROJECTS	Yoga for Athletes Sonia ADULT SWIM Laura	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	Week 4 Pumpkin fun 	
	6:30	TriYoga Basics Kim	TRI YOGA II Margaret A	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	 CHILDCARE PROJECTS	Non Members Welcome to Participate in Classes	

## CLASS DESCRIPTIONS

Denise Russo - Group Exercise Director

**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 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 - 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.)**

**Core Barre:** a strengthening, stretching class that includes movements at the barre enhancing balance, precision and creativity. It Optimizes the mind/body connection by promoting freedom of movement, fun, and flexibility. It is suitable for all levels from beginners to trained dancers.

**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:

- 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.

**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

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