

NOVEMBER FITNESS SCHEDULE



SPECIAL EVENTS
Turkey Trot Fun Run: November 27 • 8:30 a.m.
Thanksgiving Day 5K: November 28 • 8:30 a.m.
Turkey Burn HIIT: November 29 • 10:15 a.m.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 a.m.	Cycle Sculpt		Wake-Up Call		Wake-Up Call		
8 a.m.	Heated Vinyasa Yoga	Heated Vinyasa Yoga		Heated Vinyasa Yoga	Heated Vinyasa Yoga		
8:15 a.m.	Total-Body Strength	Straight Up Circuit	Total-Body Strength	Straight-Up Circuit	Total-Body Strength		
8:30 a.m.	Aqua Fit	Intermediate Yoga Aqua Fit	Aqua Fit	Intermediate Yoga Aqua Fit	Aqua Fit	Weekend Flow	
9 a.m.	Cycle, Sculpt, and Roll Pilates Mix Heated Yoga	Indoor Cycle Pilates Reformer Heated Yoga	Indoor Cycle Pilates Mix Heated Yoga	Cycle, Sculpt and Roll Pilates Reformer Heated Yoga	Indoor Cycle Pilates Mix Heated Yoga	Indoor Cycle Pilates Reformer Dance Fitness	
10 a.m.	Pilates Mix	Pilates Reformer Strength and Stretch	Pilates Reformer	Pilates Reformer Strength and Stretch	Pilates Mix	Pilates Mix Hard Core Realign and Unwind	
10:15 a.m.	Energizing Morning Flow Strength and Stretch		Energizing Morning Flow		Energizing Morning Flow		
11 a.m.		Pilates Reformer	Pilates Reformer	Pilates Reformer			
11:15 a.m.	Barre		Barre	Dance Fitness	Barre		
4 p.m.	Restorative Stretch		Restorative Stretch				

Monday through Friday: 6 a.m. – 8 p.m. | Saturday and Sunday: 7 a.m. – 6 p.m.

*Classes begin promptly, so please arrive at designated time. Participants counted as "No Show," and waitlisted individuals granted access in their place, if not present within 5-minutes of start time.
 Sea Island guests are welcome to attend fitness classes for \$20/class or as otherwise noted. Please call 912-634-4442 or ext. 4442 for reservations and more details.
 Any cancellation made less than 24 hours in advance will result in the full cost of the service or class, plus the 24% service charge and tax.*

MIND AND BODY

Energizing Morning Flow: 60 mins ●○

Multi-level flowing class that is designed to direct the body movements through poses and develop the connection with breath.

Heated Yoga: 60 mins ●●

Experience the beautiful, heated atrium as you level up your energy and release stress. **Experience required.**

Intermediate Yoga: 75 mins ●●

Build a strong body connection with endurance, strength, and breath awareness. **Experience recommended.**

Realign and Unwind: 45 mins ●○

Warm-up and release the body as you begin settling into deeper stretches for recovery and development of flexible. **Suitable for all levels.**

Weekend Flow: 75 mins ●○

Multi-level flowing class that is designed to direct the body movements through poses and develop the connection with breath.

Restorative Stretch: 45 mins ●○

Improve mobility and flexibility with the method of assisted stretching techniques.

Heated Vinyasa Yoga: 45 mins ●○

Multi-level practice that connects movement of the body and breathing.

CYCLE

Cycle Sculpt: 40 mins ●●

A high intensity combination of cycling, strength training, and core activation.

Cycle, Sculpt, and Roll: 75 mins ●●

A full-body workout combining cycling, strength training, and core activation. Followed by recovery utilizing foam rolling.

Indoor Cycle: 45 mins ●●

Tour across various tempos, resistance and intervals in this low-impact cycle workout.

- Low to Moderate Intensity
- Moderate to High Intensity

STRENGTH

Barre: 55 mins ●●

Enjoy this high intensity barre and mat work blending Lotte Berk® method in addition ballet body movements.

Strength and Stretch: 55 mins ●○

A low-impact total body movement workout that focuses on increasing overall strength and flexibility as well as highlighting some key movements that help recover with stretching.

Straight-Up Circuit: 45 mins ●●

Join in this high intensity full body workout that focuses on overall endurance and strength. Be built into the next level with this circuit format program designed to push you to your goals. All levels welcomed.

Wake-Up Call: 40 mins ●●

Join the sunrise with this dynamic high intensity circuit class designed to enhance cardio and overall strength.

Total-Body Strength: 40 mins ●●

Using a variety of equipment, this class is designed to experience a full body workout while building on your overall strength.

Hard Core: 45 mins ●●

Work your core with this focused training blending cardio, strength, and balance.

CARDIO

Aqua Fit: 45 mins ●○

Enjoy a low-impact, high energy full body strength training aqua class at the Beach Club. **Access required.**

Dance Fitness: 60 mins ●○

Have fun while toning and burning in a fitness class that combines a great cardio workout with high-energy dance steps. **\$20/class.**

Pilates Reformer: 55 mins ●○

A low-impact total body workout designed to increase cardio, strength, boost flexibility, balance, posture, and coordination. **Class limited to 5 participants. Experience required. \$40/class.**

Pilates Mix: 55 mins ●○

Circuit-style class that utilizes chair, reformer, tower, and mat. **Class limited to 10 participants. Experience required. \$40/class.**

ADDITIONAL SERVICES

Cryotherapy: 15 mins

Whole-body cryotherapy will harmonize with your body's natural healing processes, alleviating arthritis pain, soothing nerve irritation, and reducing inflammation.

Personal Training: 30 or 60 mins

Our personal trainers will construct a tailored routine to increase mobility, stability, and overall improved health.

Private Yoga Session: 30 or 60 mins

Focus on unique personal needs and targets as you combine physical postures, breathing techniques and meditation or relaxation in this private session.

Pilates Private Session: 30 or 60 mins

A series of non-impact exercises that will help develop strength, flexibility, balance, and awareness.

Assisted Stretching: 30 or 60 mins

Help improve mobility, performance, and reduce risk of injury with stretching led by a certified provider.

SPECIAL EVENTS

Turkey Trot Fun Run

Wednesday, November 27, 2024 • 8:30am

Join the Fitness Team for a one-mile walk or run along the Sea Island beach. Take in the views and meditate on all you have to be thankful for this season. *Complimentary.*

Thanksgiving Day 5K

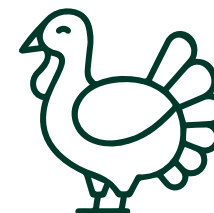
Thursday, November 28, 2024 • 8:30am

Before you hit the buffet, it's time for a family-friendly 5K! Prizes will be awarded at the end of the race. **\$65.00/person.**

Turkey Burn HIIT

Friday, November 29, 2024

Kickstart your morning with a dynamic workout designed to elevate your fitness to the next level and target all major muscle groups. This high-intensity interval training class will challenge your endurance, strength, and coordination. **\$30/per person.**



Visit the Fitness Center front desk to sign up.