

## FITNESS CLASS SCHEDULE September 2009

Please refer to the below schedule for classes and times. Class descriptions and difficulty ratings may be found on the reverse side. The weight room and fitness class are complimentary for all members. For additional information, please call 843-768-3875 or e-mail [sandcastle@kica.us](mailto:sandcastle@kica.us).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30						<b>Restorative Yoga</b> 75 minutes ☆☆
*8:45*		<b>Cardio Interval</b> 60 Minutes ☆☆☆ Seabrook POA	<b>The Total Package</b> Seabrook Island POA	<b>Cardio Interval</b> 60 Minutes ☆☆☆ Seabrook POA		
9:15	<b>Water Aerobics</b> 60 minutes ☆☆		<b>Water Aerobics</b> 60 minutes ☆☆		<b>Water Aerobics</b> 60 minutes ☆☆	<b>Water Aerobics</b> 60 minutes ☆☆
10:00		<b>Core Strength for Golf &amp; Tennis</b> Seabrook Island POA		<b>Core Strength for Golf &amp; Tennis</b> Seabrook Island POA		
10:15	<b>Core Strength &amp; Stretch</b> 60 minutes ☆☆☆		<b>Core Strength &amp; Stretch</b> 60 minutes ☆☆☆			<b>Weekend Workout</b> 60 minutes ☆☆☆
10:30		<b>Strength &amp; Stretch</b> 60 minutes ☆☆☆		<b>Strength &amp; Stretch</b> 60 minutes ☆☆☆		
5:30 P.M.			<b>Yoga</b> 60 minutes ☆☆☆			

\* Currently, there are only two fitness classes held at Seabrook Island's Property Owners' Building, located on Oyster Catcher Drive. More classes will be added once the new Clubhouse is completed, located on Seabrook Island Parkway. Current class costs for Seabrook property owners and their guests are as follows:

\$ 7.00 per individual class

\$45.00 for the month of classes

# FITNESS CLASSES

Total Fitness Concepts offers a variety of fitness classes, taught by nationally certified instructors. There is a 25 person maximum for each class and **property owners for both Seabrook and Kiawah have first priority should class size exceed capacity**. Certain classes may require pre-registration. Although the Sandcastle has mats, it is suggested that you bring your own to any Seabrook classes. The weight room and fitness classes at Kiawah are complimentary for all property owners.

## Rating System\*:

- ☆ Beginner / Easy
- ☆☆ Intermediate / Moderate
- ☆☆☆ Advanced / Increased Difficulty

*\*Regardless of the rated intensity level, all classes are taught on a multi-level basis, meaning the instructor will offer easier or more difficult alternatives for movements. Please inform the instructor if you have a bone or joint injury, difficulty with ranges of motions, or any other ailment that may affect your exercise program.*

## CLASS DESCRIPTIONS

**Cardio-Interval:** Cardiovascular and strength training exercises are placed together in this combo class. Formats will vary with intervals of aerobic exercise and strength training. It's a fun and energizing way to get total body training in just one hour.

**Cardio Mix w/ Step:** Traditional hi-lo aerobics and step are used to get the heart and legs pumping. Class includes flexibility and abdominal training.

**Core Strength & Stretch:** A multi-level mat class that utilizes a variety of apparatuses (or not) to increase core strength. Pilates moves are used to achieve neutral alignments, focusing on breathing, core control and conditioning. A great tummy-toner!

**Fusion:** A blend of yoga and Pilates moves make a terrific class for those who want to improve their range of motion, core strength and relaxation technique.

**Light Conditioning:** A class that emphasizes movement, flexibility, core strength and balance. An easy-to-follow, low-impact aerobic warm-up, followed by strength training geared for pre and post rehabilitation, back-friendly stretches and balance exercises.

**Strengthen & Stretch:** A non-aerobic class that combines free-weight training, stability ball exercises, stretching and balance drills to make gains in strength, tone, flexibility and function.

**Water Aerobics:** A great, non-impact alternative to traditional land aerobics, this class will teach you how to optimize the power of water. Ideal for those with post-rehabilitative injuries, arthritis, degenerative disc disease, or who just love to make a splash.

**Weekend Workout:** A fun and energetic workout that includes cardiovascular conditioning, strength training, flexibility, balance and abdominal exercises.

**Yoga:** A multi-level yoga class that uses a variety of poses to build strength, flexibility, joint integrity, balance and awareness of breath.

**Guest fees for all classes are \$10.00 per guest, per class. Fitness guests are subject to the same guidelines as all Sandcastle guests. Members: Complimentary at Kiawah, \$39.00 for the month, or \$8.00 a class at Seabrook.**

**Individual Fitness Programs - Before beginning your individual workout routine, a complimentary Fitness Orientation is highly recommended. Call 843-768-3875 to set up an appointment.**