

# Fitness Center Schedule

## Effective March 2019

For More Information Contact Dori Palchak | 843.681.2581 ext 1135 | Dori.Palchak@clubcorp.com

Please note, all classes highlighted in purple are complimentary.

The Fitness Center is open on SUNDAYS from 7 am – 6pm.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Hours</b>	5:30 am – 8:00 pm	5:30 am – 8:00 pm	5:30 am – 8:00 pm	5:30 am – 8:00 pm	5:30 am – 7:00 pm	6:00 am – 6:00 pm
6:00 AM	Spin- Dori		Spin- Dori			
6:30 AM		Barre- Dori		Yoga- Dori	Barre- Dori	
6:45 AM	Spin- Dori		Spin- Dori			
7:30 AM	Pilates - Esmeralda	Golf & Tennis Fitness-Dori	Pilates - Dori	Golf & Tennis Fitness-Dori	Pilates –Dori	
8:00 AM						Spin- Dori
8:30 AM	Finning- Jackie Low & Weights- Victoria	Advanced Water- Lana Zumba- Vilma	Finning- Dori Low & Weights- Judy	Advanced Water- Gretchen Total Body Conditioning- Louise	Lap Swimming Dance Aerobics w/Weights- Dori	
8:45 AM						Weights- Dori
9:30 AM	Shallow Water- Victoria	Shallow Water- Lana Tabata-Dori	Shallow Water- Gretchen	Shallow Water- Gretchen Tabata-Dori	Shallow Water- Heather	Water Boot Camp- Dori
9:45 AM	Yoga All- Georgene		Yoga All- Georgene		Yoga All- Georgene	
10:00 AM		Barre-Dori		Barre-Dori		
10:45 AM	Arthur's Water- WKT/Victoria		Arthur's Water- WKT/Gretchen		Arthur's Water- WKT/Heather	Barre- Dori
11:00 AM		Yoga Off The Floor- Lana Equipment Orientation		Yoga Off The Floor- Lana		
3:15 pm		Weights- Dori		Weights- Dori		
4:00 PM	Stretch & Balance- Dori	Yoga Basics- Mary	Restorative Yoga - Mary Line Dancing in Club Room with Dori	Stretch & Balance- Jamie		
5:00 PM	Line Dancing- Dori					

# Class Information

\$43 For a Monthly Unlimited Pass or \$9 Per Class

We have complimentary Child Care Monday - Friday from 8:00 – 11:00 am and 4:00 – 6:00 pm

We offer several complimentary classes highlighted in purple on the schedule.

## FITNESS CLASS DESCRIPTIONS

GOLF/TENNIS FITNESS - A class that builds strength & flexibility designed to work the specific muscles needed for golf & tennis. Weights, bands, stability balls and stretch straps are used.

LOW & WEIGHTS - 30 minutes of low impact cardio followed by 30 minutes of strength training.

YOGA - Yoga class designed to build strength & flexibility. We have classes for all levels & ages. Both men & women are welcome.

PILATES - A mid-advanced level pilates class that emphasizes work in the core area

STRENGTH TRAINING - 30 min strengthening class designed to work all areas of body using dumbbells

TOTAL BODY CONDITIONING - Sculpts the entire body while using step moves & light weights.

TABATA - A VERY INTENSE 20 min workout which burns 600 calories throughout the day

POSTURE & STRENGTH - Easy stretch class using chairs for balance along with working on activities to increase balance. There is NO getting up & down off of the floor.

### SPIN:

Indoor Cycling consisting of a flywheel with resistance to ride uphill, fast flats, intervals of standing and sitting and sprints. Motivational music is used! Advanced reservations required.

### STRETCH & BALANCE:

An easy yoga style class focusing on stretching all body parts and working on exercises that increase balance

### LINE DANCING:

Learn the latest line dances to country and pop songs - a very fun dance workout

### BARRE:

Pilates style class using light hand weights, exercise bands, small balls and a ballet barre. It is an intense toning class for arms, chest, back, legs and core.

## WATER AEROBICS CLASS DESCRIPTIONS

FINNING - Lap class. Fins & gloves are used to increase intensity.

SHALLOW WATER - Class takes place in the shallow end of the pool. Many of the moves are high impact. Noodles & water weights are used at the end of class to provide additional strength benefits.

ARTHUR'S WORKOUT - Primarily for those w/arthritis, knee replacement, hip replacement and who desire a non-impact class.

WATER BOOTCAMP - 30 minutes in the deep water with a flotation belt & 30 minutes in shallow water which incorporates jumping – noodles, water weights and balls may be used.

### Deep Water Aerobics-

Class takes place in the deep end of the pool. Participants wear a flotation belt or sit on a noodle to stay afloat while exercising without ever touching the bottom of the pool. This class has no impact on the knees or feet while offering a strenuous workout! Noodles and water weights are also used at the end of class to provide additional resistance.