

# Fitness Center Schedule

## Effective February 2021

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

Please note, all classes highlighted in pink are complimentary.

**The Fitness Center is open on SUNDAYS from 6:30 am – 6pm.**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours	5:30 am – 7:00 pm	5:30 am – 7:00 pm	5:30 am – 7:00 pm	5:30 am – 7:00 pm	5:30 am – 7:00 pm	6:00 am – 6:00 pm
6:15 AM				Weights- Dori		
6:30 AM		Barre-Dori			Barre-Dori	
6:45 AM	Spin- Dori		Spin- Dori	Yoga- Dori		
7:30 AM	Pilates – Esmeralda		Pilates - Dori		Pilates -Dori	
8:00 AM		Weights/Abs/ Stretch-Dori		Weights/Abs/ Stretch -Dori		Spin- Dori
8:30 AM	Finning- Dori Low & Weights- Victoria	Advanced Water Aerobics- Lana	Lap Swimming Low & Weights- Carmella	Advanced Water Aerobics- Gretchen	Finning – Jackie  Dance Aerobics w/Weights- Dori	
8:45 AM						Weights- Dori
9:30 AM	Shallow Water- Victoria	Shallow Water- Lana Tabata-Dori	Shallow Water- Bethany	Shallow Water- Gretchen Tabata-Dori	Shallow Water- Jackie	Water Boot Camp- Dori
9:45 AM	Yoga All- Mary		Yoga All- Connie		Yoga All- Dori	
10:00 AM		Barre-Dori		Barre-Dori		
10:45 AM	Arthur's Water- WKT/Victoria		Arthur's Water- Bethany		Arthur's Water- Jackie	Saturday Stretch- 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 & Core- Dori	Yoga Basics- Mary	Yin Yoga - Connie	Stretch & Balance- Connie  Beginner Line Dancing in the Club Room		
5:00 PM	Line Dancing- Dori					

# Class Information

\$45 For a Monthly Unlimited Pass or \$10 Per Class

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.