

RECREATION



Seabrook Island POA

The Lake House

~ Fitness Class Prices ~

**GUESTS OF OWNER / MEMBER *
&
POA / CLUB RENTAL GUESTS ***

\$15 Per Class*

*Classes are **NOT** included with the purchase of a Daily, Multi-Day, or Monthly Fitness Pass.*

Classes are an **ADDITIONAL charge.*

Property Owners

\$10 Per Class

\$49 Unlimited Classes **

***Good for the Calendar Month.*

Available beginning the 1st DAY of the month.

~ POOLS ~

- No lifeguard on duty
- No solo swimming
- Pool towels are NOT provided.
- Shower towels MUST remain in the locker room.

Fitness (Indoor) Pool :

*During classes, Lane 5 will remain open for Lap Swimming ONLY

Fitness (Indoor) Pool Temperature is regulated between 82° F and 85° F year-round.

Hours of Operation

~ GUESTS OF OWNER / MEMBER ~
&
~ POA / CLUB RENTAL GUESTS ~

The Lake House

Mon-Sat: 8:00am to 8:00pm

Sun: 10:00am to 5:00pm

Fitness Center

Mon-Sat: 8:00am to 8:00pm

Sun: 10:00am to 5:00pm

Fitness Pool (Indoor)*

Mon-Sat: 8:00am to 8:00pm

Sun: 10:00am to 5:00pm

*Lane 5 remains open for Lap Swimming only during classes. Please check the schedule.

Recreation/Pool Area**

Mon-Sat: 9:30am to Dusk

Sun: 10:00am to Dusk

**Pool is NOT heated.

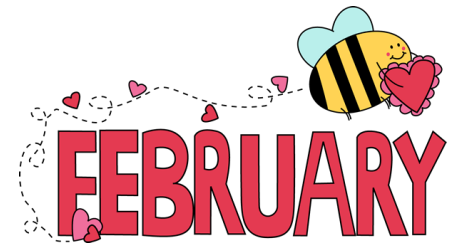
**PLEASE BRING A TOWEL WITH YOU.
POOL TOWELS ARE NOT PROVIDED.**

The Lake House

2319 Seabrook Island Rd.
Seabrook Island, SC 29455

Phone: 843-725-1580
E-mail: lakehouse@sipoa.org

RECREATION AND FITNESS



2017

Tel: (843) 725-1580

Cardio Interval

Tuesday, 9:00am- Susan Lozier

This class is “the total package”. Guaranteed to increase or maintain aerobic capacity, muscular strength and flexibility, core strength, stability and balance.

Cardio Mix

Monday 9:15am- Melissa Durinsky

High-energy interval training class, combines athletic aerobic movements with strength and stabilization exercises. Sometimes sports-inspired, sometimes dance-inspired cardio workout for building strength and stamina.

Core and More

Wednesday & Friday, 8:15am—Michelle Peterson

The goal of this class is to improve strength and stability of the abdominals and back. While the main focus is the core muscles, it also includes cardio and strength exercises. Achieve total body conditioning using a variety of equipment with challenges for all levels.

Core Fusion

Tuesday, 10:00am—Susan Lozier

Strengthen your abdominals, mid/lower back, and increase functional flexibility through a fusion of Pilates, yoga, & core strength exercises.

Deep Water Aerobics

Tuesday & Thursday, 4:00pm—Jamie Mixson

Using a weighted belt, you will work your entire body without any pressure to your joints. This class is ideal for people with knee, hip or lower back problems.

Evening Candlelight Yoga

Tuesday, 6:00pm—Ursel Harmon

This well-rounded class infuses candlelit ambiance and music set to the pace of an inspired gentle Vinyasa flow. Beginning with gentle upper body stretches and culminating with gentle hip openers and a deep relaxation, this class is perfect to ease away the day and prepare you for a restful night's sleep.

Flow Yoga

Thursday, 9:00am— Natasha Stevens (Live Oak Hall)

Awaken your body with full sun salutations and experience release and new flexibility through a broader range of seated poses, twists, forward and back bends and inversions. Suitable for those looking to expand, refine and develop their yoga practice.

Rise and Shine Yoga

Wednesday, 8:30am– Natasha Stevens (Live Oak Hall)

Gently wake the body and mind with sun salutations and series of stretches for the upper and lower body along with standing poses, hip openers and gentle twists. Finish with a gentle inversion and a few quiet moments to set your self up for success and ready to shine. All levels welcome.

Gentle and Restorative Yoga

Wednesday, 4:00pm- Natasha Stevens (Live Oak Hall)

Relieve fatigue and stress, promote well-being, and bring healing balance into your life through a range of gentle movement, breathing and supported postures.

Gentle Yoga

Monday, 8:30am—Stacey Abbatista (Live Oak Hall)

This is a great way to learn the yoga positions, increase flexibility, promote spinal health and reduce stress. This class combines gentle movement with the breath followed by a deep relaxation.

Get Pumped

Tuesday, Thursday, & Friday, 11:00am, - Melissa Durinsky

An original free weight class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and motivating instruction to inspire you to get the results you came for - and fast!

Pilates

Saturday, 8:30am– Kelly Bowling

Full Body workout with an emphasis on “core” stability which

tones abs and strengthens the back.

Splashers

Monday & Wednesday 8:30am—Kelly Bowling

This is a low impact water aerobic and stretching class with the goal to strengthen and add flexibility to the body.

Strength & Flexibility Express

Wednesday & Friday, 10:15am– Meagan Bergeron

Participants are guided through a carefully structured series of stretches, moves and poses based on yoga, tai-chi, and Pilates. Set to powerful, inspiring music, creating a holistic workout that brings your body into a state of harmony and balance and improves your overall strength and flexibility to keep you safe and strong in all of your daily activities. Suitable for all fitness levels and multiple options for modifications are provided.

TaeBo

Saturday, 9:45am—Elizabeth Stober

TaeBo is the combination of the self control of martial arts, the focus and strength of boxing and the grace and rhythm of dance. TaeBo develops cardiovascular and muscle endurance, strength, speed, balance, coordination and focus.

Total Body Toning

Monday & Wednesday, 10:45am—Kelly Bowling

This medium paced class will emphasize toning exercises that target muscle strength and stability from the core while incorporating other major body muscle groups simultaneously.

Water Aerobics

Tuesday & Thursday 8:30am– Jamie Mixson

Friday 8:30am— Kelly Bowling

A fun cardio workout with upper body strengthening and stretching. Relieve stress while splashing your way to better health.

Zumba

Wednesday & Friday, 9:15 am— Meagan Bergeron

Zumba feature exotic rhythms set to high energy Latin and international beats. Get fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASS	8:30am Splashers 8:30am Gentle Yoga 9:15am Cardio Mix 10:45am Total Body Toning	8:30am Water Aerobics 9:00am Cardio Interval 10:00am Core Fusion 11:00AM Get Pumped 4:00pm Deep Water Aerobics 6:00pm Evening Candlelight Yoga	8:15am Core & More 8:30am Rise & Shine Yoga 8:30am Splashers 9:15am Zumba 10:15am Strength & Flexibility Express 10:45am Total Body Toning 4:00pm G & R Yoga	8:30am Water Aerobics 9:00am Flow Yoga 11:00am Get Pumped 4:00pm Deep Water Aerobics	8:15am Core and More 8:30am Water Aerobics 9:15am Zumba 10:15am Strength & Flexibility Express 11:00am Get Pumped	8:30am Pilates 9:45am TaeBo