

RECREATION

~ 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 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



Seabrook Island
LAKE HOUSE

RECREATION AND FITNESS

 **DECEMBER** 

2019



SEABROOK ISLAND
Property Owners Association

Cardio Conditioning (No class 12/25)

Wednesday, 9:15am—Michelle Peterson

This class combines cardio intervals with strength training and core conditioning. Choose high or low impact, whichever level is right for you. Get ready for a fat burning hour of fun!

Cardio Interval (No class 12/24)

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

Core and More (No class 12/25)

Wednesday & Friday, 8:15am—Michelle Peterson

Goal: To improve strength and stability of the abdominals and back while including cardio and strength exercises. Achieve total body conditioning using a variety of equipment with challenges for all levels.

Core Fusion (No class 12/24)

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 (No class 12/24 or 12/26)

Tuesday & Thursday, 4:00pm—Jamie Mixson

A fun cardio workout wearing a weighted belt.. Work your entire body without any pressure to your joints. This class is ideal for people with knee, hip or lower back problems.

Flow Yoga

Thursday, 9:00am— Patti Romano (No class 12/26)

Awaken your body with full sun salutations. Experience release & new flexibility through a broader range of seated poses, twists, forward/back bends & inversions.

Gentle and Restorative Yoga (No class 12/25)

Wednesday, 4:00pm- Natasha Stevens

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

Gentle Yoga

Monday, 8:15am—Stacey Abbatisa

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 (No class 12/24 or 12/26)

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.

Pilates (No class 12/16 or 12/25)

Monday & Wednesday, 2:00pm— Kelly Bowling

Full Body workout with an emphasis on “core” stability which tones abs and strengthens the back.

PiYoChi

Saturday, 10:30am—Meagan Bergeron

Using a sequence of poses and exercises inspired by the traditional disciplines of Yoga, Tai-chi, and pilates, in PiYoChi Flow, participants will develop balance, flexibility, and strength. Powerful, inspiring music drives the flow, and each class culminates with a brief relaxation of the mind and body. Requires ability to sit and stand on mat.

Pure Stretch Express

Monday, 10:15am—Melissa Durinsky

This 45 minute class is pure *Stretching*. Benefits include low risk of injury, improved range of motion and reduced lower back discomfort. This program is designed for anyone wishing to release tension and stimulate circulation.

RideSBI (No class 12/10 or 12/24)

Tuesday, 6:00 pm & Saturday, 8:30am—Sarah Mae

Accompanied by a high energy playlist, rides span 45 minutes delivering a high energy cardio workout. Effective, calming stretching concludes the class leaving you feeling stronger and invigorated.

Splashers (No class 12/25)

Monday & Wednesday, 8:00am—Melissa Durinsky

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

Strength & Conditioning

Friday, 9:15am– Melissa Durinsky

An excellent, easy to follow class for improving muscle tone, strength and stamina using interval style workouts: weight training, cardio intervals, body weight functional training and core work!

Strength & Flexibility 45 MIN Express (No class 12/25)

Wednesday, 10:15am—Michelle Peterson

Friday, 10:15am– Melissa Durinsky

Participants are guided through a carefully structured series of stretches, moves and poses set to powerful, inspiring music, creating a holistic workout.

Total Body Toning (No class 12/25)

Monday & Wednesday, 11:00am—Michelle Peterson

Work your whole body and build stamina in this energizing class. It includes a combination of cardio, strength (both body weight and dumbbells), and core work. Variations are offered making it appropriate for all levels. See yourself improve week after week as you build muscle and increase endurance.

Water Aerobics (No class 12/24 or 12/26)

Tuesday & Thursday, 8:00am– Jamie Mixson

Friday, 8:00am– Melissa Durinsky

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

Zumba

Saturday, 9:25am – Meagan Bergeron

A dance fitness class that features exotic rhythms set to high energy Latin and international beats.

*YOU DON'T HAVE TO BE GREAT TO START,
BUT YOU HAVE TO START TO BE GREAT!*

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASS	8:00am Splashers 8:15am Gentle Yoga 9:15am Cardio Mix 10:15am Pure Stretch Express 11:00am Total Body Toning 2:00pm Pilates	8:00am Water Aerobics 9:00am Cardio Interval 10:00am Core Fusion 11:00AM Get Pumped 4:00pm Deep Water Aerobics 6:00pm RideSBI	8:00am Splashers 8:15am Core & More 9:15am Cardio Conditioning 10:15am Strength & Flexibility Express 11:00am Total Body Toning 2:00 pm Pilates 4:00pm G & R Yoga	8:00am Water Aerobics 9:00am Flow Yoga 11:00am Get Pumped 4:00pm Deep Water Aerobics	8:00am Water Aerobics 8:15am Core and More 9:15am Strength & Conditioning 10:15am Strength & Flexibility Express 11:00am Get Pumped	8:30am RideSBI 9:25am Zumba 10:30am PiYoChi