



AUGUST IS NATIONAL HEALTH AWARENESS MONTH:
*It's time to prioritize your self-care, reduce stress,
 and create healthier habits to feel like your best self!*



SEASCAPE SPORTS CLUB • GROUP EXERCISE SCHEDULE August 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM Studio 1	Zumba <i>Coleen</i>	QiGong <i>Roxanne</i>	Zumba <i>Kelly</i>	QiGong <i>Roxanne</i>	Zumba <i>Kelly</i>	Zumba <i>Christy</i>	Zumba <i>Christy</i>
9:15 AM Studio 1	Yoga <i>Heidrun</i>	Yoga <i>Michele</i>	Yoga <i>Cambell</i>	Yoga <i>Michele</i>	Yoga <i>Heidrun</i>	Yoga <i>Shauni</i>	Yoga <i>Sonia</i>
9:15 AM Outdoors	Boot Camp <i>Beverly</i>	Boot Camp <i>Vanessa (9am)</i>	Boot Camp <i>Beverly</i>	Boot Camp <i>Vanessa (9am)</i>	Boot Camp <i>Beverly</i>	Boot Camp <i>Sonia</i>	
9:30 AM Lap Pool	Aqua <i>Laurel</i>	Aqua Zumba <i>Dora</i>	Aqua <i>Laurel</i>	Aqua Zumba <i>Dora</i>	Aqua <i>Sharon</i>	 	
10:30 AM Studio 1	Pilates <i>Mara</i>	Pilates <i>Sonia</i>	Pilates <i>Mara</i>	Pilates <i>Sonia</i>	Pilates <i>Mara</i>	Pilates <i>Sonia</i>	Pilates <i>Mara</i>
10:30 AM Outdoors	Group Cycle* <i>Beverly</i>		Group Cycle* <i>Beverly</i>		Group Cycle* <i>Beverly</i>	HOURS OF OPERATION: 7AM – 7PM Class Fees: Member — \$10/day or \$15/month Non-member — \$20/day Seascape Resort Guests — Free* *restrictions may apply	
 MASTERS SWIM** 6:15am – Tues & Thurs: Roger • Wed & Fri: Laura 							
5:15 PM Studio 1	Body Sculpt <i>Maria</i>	Yoga <i>Joanne</i>	Body Sculpt <i>Maria</i>	Yoga <i>Joanne</i>			

CLASS DESCRIPTIONS

SEASCAPE SPORTS CLUB

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AQUA: A great cardiovascular way to build muscle tone without impacting your joints

AQUA ZUMBA: Low impact, high energy, cross training water fitness class. All levels.

BODY SCULPT: Complete body resistance training.

BOOT CAMP: Instructors will guide you through functional strength activities and high intensity intervals to train you for the movement in life and boost your metabolism. Focus is on proper technique with modifications provided for all levels.



GROUP CYCLE*: Ultimate cardio-respiratory workout

PILATES: Strengthen core muscles and improve overall balance and flexibility

QIGONG: Mind-body movements focused on integrating energy (Qi) posture, movement, self-massage, and intent into a practice (Gong) that is strengthening and restorative.

YOGA: A combination of flowing movements and held poses - all focusing on proper breathing technique. Modifications are offered by our instructors for any movement to meet each individual's specific needs.

ZUMBA: High energy dance workout. All levels.



**Members may reserve 24 hours in advance*

****MASTERS SWIM:** Open to Accomplished Swimmers Dedicated to Improving their Fitness



MASSAGE THERAPY • PERSONAL TRAINING • REFORMER PILATES: (Additional Fee Required)