

# 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.**

# RECREATION AND FITNESS



## 2018

## The Lake House

2319 Seabrook Island Rd.  
Seabrook Island, SC 29455

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

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**

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

**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**

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 (Live Oak Hall)

**Thursday, 9:00am— Patti Romano**

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

### Gentle and Restorative Yoga (Live Oak Hall)

**Wednesday, 4:00pm- Natasha Stevens**

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 (Live Oak Hall)

**Monday, 8:30am—Stacey Abbatista**

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 (Live Oak Hall)

**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! (No Class on 6/5 and 6/8)

### HITT to be FIT (Live Oak Hall)

**Wednesday, 9:15am—Michelle Peterson**

This class combines high energy cardio intervals with strength training and core conditioning. Choose high or low impact while still getting a great workout. Work your whole body and build stamina in this energizing class.

### Pilates & Core 360

**Thursday, 3:00pm—Alison Standard**

This Pilates and Core centric class will utilize systems of strengthening and stretching exercises designed to develop the body’s core, mobilize the spine, and build flexibility. Experience improvements in range of motion, flexibility, circulation, posture, and abdominal strength. (Class starts 6/14)

### Pure Stretch Express

**Monday, 10:15am—Melissa Durinsky**

This 45 minute class is pure *Stretching*. The goal is to promote flexibility through proper stretching techniques. 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. (6/18– 30MIN ONLY)

### RideSBI

**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. (No Class on 6/30)

### Splashers

**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. (No Class on 6/4)

### Strength & Conditioning (Live Oak Hall)

**Friday, 9:15am– Alison Standard**

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

### Strength & Flexibility Express (Live Oak Hall)

**Wednesday, 10:15am—Michelle Peterson**

**Friday, 10:15am– Alison Standard**

Participants are guided through a carefully structured series of stretches, moves and poses. 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. (45 MIN Class)

### Total Body Toning

**Monday, 10:45am—Michelle Peterson**

**Wednesday, 11:00am—Michelle Peterson**

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, 8:00am– 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.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASS	8:00am Splashers 8:30am Gentle Yoga 9:15am Cardio Mix 10:15am Pure Stretch Express 10:45am Total Body Toning	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 HITT to be FIT 10:15am Strength & Flexibility Express 11:00am Total Body Toning 4:00pm G & R Yoga	8:00am Water Aerobics 9:00am Flow Yoga 11:00am Get Pumped 3:00pm Pilates Core 360 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