

## 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.*

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Property Owners

\$10 Per Class

\$49 Unlimited Classes \*\*

*\*\*Good for the Calendar Month.  
Available beginning the 1st DAY of the month.*

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~ POOLS ~

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

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**Indoor Pool:**

**Please follow the posted lane designations.**

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*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

\*During classes, Lane 5 will remain open for lap swim ONLY.  
Please check the schedule.

### Recreation/Pool Area\*\*

Mon-Fri: 9:15am to 9:00pm  
Sat & Sun: 8:00am to 9:00pm

\*\*Pool is NOT heated.

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



Seabrook Island  
LAKE HOUSE

# RECREATION AND FITNESS

MAY

2023



SEABROOK ISLAND  
Property Owners Association

The Lake House

2319 Seabrook Island Rd.  
Seabrook Island, SC 29455

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

### 30/30 Cardio & Stretch

#### Thursday, 12:00pm - Melissa Durinsky

This combo class will offer 30 minutes of Cardio Mix followed by 30 minutes of Pure Stretch. Begin with high-energy interval training that combines athletic aerobic movements with strength and stabilization exercises. Finish with stretching to improve range of motion, release tension, and stimulate circulation.

### Barre Fusion

#### Thursday, 1:05pm—Alison Standard

Barre Fusion incorporates Barre, Pilates, and Resistance training complimented by total body stretching. Core, upper and lower body muscles groups are worked to tone muscle, improve flexibility and balance, and align posture while sculpting long and lean muscles.

### Cardio Conditioning

#### 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

#### 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.

### Core and More

#### 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 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.

### Evening Gentle Yoga

#### Wednesday, 6:20pm—Lisa Andersen

This class incorporates traditional yoga postures and gentle movement sequences. Modeling and descriptors are provided during the practice to allow beginner o intermediate levels. The class ends with a few postures to quiet the nervous system and a guided mediation to support increased awareness/mindfulness of breath and body. Evening Gentle Yoga is a great way to wind down a busy day and can promote better sleep.

### Gentle Yoga

#### Monday, 8:15am—Lisa Andersen

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.

### HIIT Boxing

#### Tuesday, 12:00pm & Saturday, 8:15am—Mark Durinsky

HIIT Boxing is a combination of core and strength exercises mixed in with boxing intervals.

### Pilates

#### Wednesday, 12:30pm —Alison Standard

Pilates is system of strengthening and stretching exercises designed to develop the body's core, mobilize the spine and build flexibility.

### Pure Stretch

#### Monday & Friday, 10:15am—Melissa Durinsky

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

#### Wednesday, 5:00pm—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.

### Southern Dance Party

#### Thursday, 10:00am —Denise Hull

Southern Dance Party offers instruction in popular dances of the south: Shag Dance, Line Dance, Two-step, and the Charleston. Get your cardio workout in a fun way!

### 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.

### Strength & Conditioning

#### Friday, 9:15am– Melissa Durinsky

An 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!

### Tone & Tighten

#### Wednesday, 8:15am—Michelle Peterson

Start the class off strong by firing up your glutes with lower body strength movements. Then focus on tightening and strengthening your core with a combination of standing and floor core exercises. Finish off the class with a 15 minute stretch to lengthen muscles and prevent injury.

### Total Body Toning

#### 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. Improve week after week as you build muscle and increase endurance.

### Vinyasa Flow Yoga

#### Thursday, 8:45am —Daryle Baldwin

An introduction to Vinyasa Flow yoga which emphasizes a sequential movement between postures coordinated with and guided by deliberate breath. The vinyasa practice becomes a moving meditation that creates strength, freedom and fluidity for the body and mind.

### 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 8:15am Gentle Yoga 9:15am Cardio Mix 10:15am Pure Stretch 11:00am Total Body Toning	8:00am Water Aerobics 9:00am Cardio Interval 10:00am Core Fusion 11:00am Get Pumped 12:00pm HIIT Boxing 4:00pm Deep Water Aerobics	8:00am Splashers 8:15am Tone & Tighten 9:15am Cardio Conditioning 10:15am Pure Stretch 11:00am Total Body Toning 12:30pm Pilates 5:00 pm Pure Stretch 6:20 pm Evening Gentle Yoga	8:00am Water Aerobics 8:45am Vinyasa Flow Yoga 10:00am Southern Dance Party 11:00am Get Pumped 12:00pm 30/30 Cardio & Stretch 1:05pm Barre Fusion 4:00pm Deep Water Aerobics	8:00am Water Aerobics 8:15am Core & More 9:15am Strength & Conditioning 10:15am Pure Stretch 11:00am Get Pumped	8:15am HIIT Boxing