

## 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.

---

**Indoor Pool:**

**Please follow the posted lane designations.**

---

*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

SEPTEMBER

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.

### 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.

### Morning Flow (Located at Boardwalk 8)

**Friday, 9:00am—Daryle Baldwin**

This Vinyasa style Yoga used the classic based movements and balancing postures. Enjoy the fresh outdoor scenery while creating a good workout and clearing of the mind.

### 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/Water Aerobics

**Monday, Wednesday & Friday, 8:00am —Melissa Durinsky  
Tuesday & Thursday, 8:00am—Jamie Mixson**

This is a low impact water aerobics, stretching, cardio class with the goal to strengthen and add flexibility to the body. Relieve stress while splashing your way to better health.

### 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.

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 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 4:00pm Deep Water Aerobics	8:00am Water Aerobics 8:15am Core & More 9:00am Morning Flow (@BW8) 9:15am Strength & Conditioning 10:15am Pure Stretch 11:00am Get Pumped	8:15am HIIT Boxing