

## 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 84° 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

2024



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 and 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**

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—Aqua Grooves

**Tuesday, 4:00pm—Hannah Rice**

Dive in & dance through Deep Water! Move to classic hits while enjoying a fun, full body workout that keeps you grooving in style.

### Deep Water Aerobics

**Thursday, 4:00pm—Kayleigh Breaux**

A fun cardio workout without any pressure to your joints. Ideal for people with knee, hip or lower back problems.

### 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.

### Heated Barre Core

**Thursday, 9:30am—Erin Collins (Located in the Studio)**

Strengthen Legs, Glutes and Abs using Barre style movements including basic ballet moves and resistance training. We will focus on core strength utilizing weights, straps, and the barre. We will finish class with yoga and deep stretch. This class is a full body workout and is all levels.

### Heated Stretch

**Tuesday, 7:30am—Mark Durinsky (Located in the Studio)**

This 30-minute heated stretch class will focus on overall flexibility. \*Property Owner/Club Member afterhours access required.

### 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.

### HIIT with Hannah (Located in the Studio)

**Tuesday and Thursday, 8:00am —Hannah Rice**

Start your morning with a high-energy interval workout, grooving to your favorite tunes from every era.

### Mat Pilates

**Tuesday, 8:00am—Jennifer Grove**

Enjoy this traditional Pilates mat class that uses your own body to increase strength & flexibility. Great for all levels.

### Morning Flow (Located in the Studio)

**Friday, 10:30am—Daryle Baldwin**

This Vinyasa style Yoga used the classic based movements and balancing postures while creating a good workout and clearing of the mind. Studio will be heated.

### Pilates Mat Express

**Thursday, 8:00am—Jennifer Grove**

Short on time, but don't want to skip your workout, this express mat class will give you a total body workout in 40 minutes!

### 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. All levels welcome.

### Splashers/Water Aerobics

**Monday thru Friday, 8:00am —Melissa Durinsky**

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

### 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!

### 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.

### 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.

### Vinyasa Flow Yoga

**Thursday, 8:45am —Daryle Baldwin**

An introduction to Vinyasa Flow which emphasizes a sequential movement between postures coordinated with and guided by deliberate breath. The 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	7:30am Heated Stretch (Studio) 8:00am HIIT with Hannah (Studio) 8:00am Water Aerobics 8:00am Mat Pilates 9:00am Cardio Interval 10:00am Core Fusion 11:00am Get Pumped 12:00pm HIIT Boxing 4:00pm Deep Water—Aqua Grooves	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	8:00am Water Aerobics 8:00am Pilates Mat Express 8:00am HIIT with Hannah (Studio) 8:45am Vinyasa Flow Yoga 9:30am Heated Barre Core (Studio) 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 9:15am Strength & Conditioning 10:30am Morning Flow (Studio) 10:15am Pure Stretch 11:00am Get Pumped	8:15am HIIT Boxing