

OCTOBER

Group Exercise Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Shoreline PSX Main Studio	Coming Soon	Shoreline PSX Main Studio	Coming Soon	Shoreline PSX Main Studio		
6:30 AM		Rip Tide Main Studio		Rip Tide Main Studio			
7:00 AM	High Tide Toning Fusion Studio (45 min)	Coming Soon	High Tide Toning Fusion Studio (45 min)	Coming Soon	Coastal Core Fusion Studio (30 min)		
7:30 AM	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Shoreline PSX Main Studio	Coming Soon
8:15 AM	Yoga Yoga Studio		Yoga Yoga Studio	Yoga Yoga Studio		Yoga Yoga Studio	High Tide Toning Fusion Studio (45 min)
9:00 AM		Yoga Yoga Studio	Power Yoga Yoga Studio				
9:30 AM	Mat Pilates Coming Soon		Mat Pilates Coming Soon	Yoga Yoga Studio		Shoreline PSX Main Studio	Shoreline PSX Main Studio
						Yoga Yoga Studio	
9:45 AM							Yoga Yoga Studio
10:30 AM	Yoga Yoga Studio		Yoga Flow Yoga Studio		Yoga Yoga Studio (75 min)		
11:00 AM	Sail B&C Fusion Studio	Yoga Yoga Studio			Sail B&C Main Studio	Coming Soon	
12:00 PM	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon		
5:30 PM	Shoreline PSX Main Studio	Shoreline PSX Main Studio	Shoreline PSX Main Studio	Shoreline PSX Main Studio			
	Yoga Yoga Studio	Mat Pilates Coming soon	Yoga Yoga Studio	Mat Pilates Coming soon			
6:30 PM	Rip Tide Main Studio	Coming Soon	High-Tide Toning Fusion Studio (45 min)	Coming Soon			
		Coming Soon		Coming Soon			

Class Descriptions

Shoreline PSX

Strength Power Sculpt

This isn't just another workout—it's a 50-minute immersive physical transformation. Experience the definitive power sculpt class, an expertly curated journey blending raw strength, restorative mobility, and intentional recovery. You will power through a strategic blend of low and high impact intervals designed to challenge all fitness levels, from beginners to elite athletes. You will master bodyweight sequences alongside a targeted arsenal of weighted rings, free weights, stability balls and resistance bands. Every piece of equipment has a purpose, to build strength, improve mobility and challenge your body in a whole new way.

Coastal Core

Core Sculpt

This Core Sculpt class targeted, 30-minute group workout is engineered to build structural power across all three dimensions of your torso—a critical element frequently missed in independent gym routines. While standard ab tracks rely heavily on linear, single-plane exercises like basic crunches or sit-ups, real-world movement demands more. Expect to leverage specialized, cutting-edge gear alongside standard free weights to conquer complex, multi-angle core movements. By consistently attending, you will develop a more resilient, stable, and high-performing trunk that effortlessly handles everyday physical demands.

Sail B&C

Core: Balance and Stability

This specialized 45-minute experience shifts the focus from basic abdominal crunches to total-body equilibrium and deep midsection power —forcing adaptations that solo floor routines simply cannot trigger. Traditional abdominal programs stick strictly to bilateral, static movements on flat ground. Expect to conquer complex unilateral movements and off-balance sequences utilizing unstable training tools like the BOSU ball. By systematically challenging your single-leg stability and offset center of gravity, you will forge a highly resilient, anti-rotational core and rock-solid joint mechanics that effortlessly safeguard your movement inside and outside the Club.

High-Tide Toning

TRX - Cycling - Weights Combo

Anticipate a high-utility, 50-minute full-body session where you will leverage specialized, cutting-edge gear—including suspension training, resistance tools, cardio bikes, kettlebells, and weights—alongside standard dumbbells to conquer complex, multi-joint movements. By consistently attending this class, you will develop a more resilient, exceptionally strong, agile, and high-performing physique that effortlessly handles everyday physical demands. This consistent variety ensures your muscles adapt efficiently, building a more capable, injury-resistant body that thrives during daily activities.

Rip Tide

Progressive Strength

Take your lifting off the static gym floor and into a 50-minute powerhouse experience. This immersive power sculpt evolution is specifically built for those ready to elevate their weight lifting routine, fusing heavy resistance training with explosive movements. The programming balances force-driven low and high impact blocks to keep your heart rate spiking while forcing deep muscular hypertrophy. Perfect for all fitness levels with a passion for moving heavy weight with intent, every sequence utilizes top-tier equipment to build undeniable power, unlock explosive speed, and fundamentally redefine your athletic ceiling.

Yoga

The Beach Club Athletics offers yoga classes for everyone, from absolute beginners to advanced yogis. You can choose slow, gentle classes focused on stretching and relaxation, or fast, high-energy sessions like Vinyasa flow and Yoga Sculpt. Instructors provide options in every class so you can easily adjust the difficulty to match your skill level.

Pilates

Mat Pilates is a foundational, non-impact practice designed to help you reconnect with your center, lengthen your silhouette, and discover your body's true power. Moving mindfully across the mat, you will use your own body weight—complemented by the subtle challenge of resistance bands, magic circles, and light weights—to wake up and sculpt the deep, stabilizing muscles that support you every single day.

This class isn't just about the physical burn; it is a moving meditation. Through conscious breath and precise, deliberate movement, you will quiet the noise of the day, unroll your potential, and walk away feeling longer, lighter, and completely grounded.