

## CLASSES AND TRAINING SERVICES

|                       |                |
|-----------------------|----------------|
| <b>Lakehouse</b>      | (843) 645-4515 |
| <b>Hidden Cypress</b> | (843) 705-4030 |
| <b>Purrysburg</b>     | (843) 705-4022 |

### GROUP EXERCISE CLASSES

#### In-Person Group Exercise Classes

Reservations are required to attend in-person group exercise classes, walk-ins are discouraged at this time. Both online and phone reservations for classes begin at **noon on the last Tuesday of the month for the upcoming month**. Residents who do not provide notice of a reservation cancellation within 24 hours of the class will be charged for the class.

To register online:

- Login to **www.SunCityHiltonHead.org**
- Scroll to the Health & Wellness tile on Resident Central
- Click Class Registration
- Click Reservations
- Click Group Exercise Classes
- Select your location and type of class
- Register for your desired day and time
- Select Checkout and form of payment

Residents must check in with their CAM card at the front desk prior to the start of class.

#### Group Exercise Class Fees

|                        |       |
|------------------------|-------|
| Single Class           | \$9   |
| Monthly Unlimited Pass | \$100 |

*Does not guarantee space in class, no refunds, no extensions. Failure to notify front desk of class cancellation with at least 24 hours of notice may result in a fee of \$5.*

|              |                         |  |
|--------------|-------------------------|--|
| 15 Bulk Pass | \$112.50 (\$7.50/class) |  |
| 30 Bulk Pass | \$210 (\$7/class)       | Bulk passes never expire.                        |
| 50 Bulk Pass | \$325 (\$6.50/class)    | Bulk passes must be used by only one individual. |

### TRAINING SERVICES

#### Explore Your Fitness Centers

Orientations for fitness centers are complimentary and highlight the use and benefits of the TRX Suspension Trainers, as well as general use of all equipment. Orientation dates can be found in *SunSations* magazine or City Fit eNewsletters.

#### Guest Fees

|   |      |
|---|------|
| Fitness Center Guest Pass (1 visit)     | \$10 |
| Fitness Center Guest Passes (10 visits) | \$85 |
| Year round rates, including holidays.   |      |

#### Personal Training

|                               |       |
|-------------------------------|-------|
| Jump Start Program            |       |
| 4 Sessions (30 minutes each)  | \$125 |
| 12 Sessions (30 minutes each) | \$340 |
| 18 Sessions (30 minutes each) | \$500 |

#### Nutrition Jumpstart

|                              |       |
|------------------------------|-------|
| 4 Sessions (30 minutes each) | \$155 |
|------------------------------|-------|

#### Small Group Training

|   |       |
|---|-------|
| TRX Small Group Training Bulk Pass<br>(8 sessions, 1 hour each) | \$135 |
| TRX Introductory Session<br>(1 hour class)                      | \$10  |

