

## Indoor Class Descriptions

*Beginner to Advanced. All skill levels welcome. Aerobics Room.*

**Body Sculpt** – A full hour of muscle strengthening exercises.

**Cardio Blast** – This workout focuses on strength and cardiovascular exercises. May include push-ups, jump rope, plyometrics, strength exercises and abdominal work.

**Pilates** – This class focuses on the “powerhouse” muscles in the center of the body. These muscles are instrumental to creating and maintaining good posture and alignment.

**Power Step** – Get your heart pumping as we incorporate intervals of step aerobics with weight training. You can burn calories as you sculpt muscles.

**Yoga** – One of today’s most enjoyable workouts that will get your body moving and your spirit flowing. This class is beginner Hatha Yoga. All levels welcome.

## Aquatic Class Descriptions

*Beginner to Advanced. Non-swimmers welcome. Indoor Pool.*

**Aqua Fit** – Improve your cardiovascular endurance, range of motion and flexibility in the shallow end of the pool.

**H<sub>2</sub>O Circuit** – Challenge yourself with different exercise stations in the water for a total body workout.

**Just Cardio** – Strengthen your heart and burn those calories in a class that will keep you moving from beginning to end.

**Shallow & Deep** – Cardiovascular challenge in the shallow water or suspended in the deep end.

**Splash & Tone** – If you want to do more than splash around the pool, this is a great cardiovascular and muscular endurance workout.

## Personal Wellness

**Spa Treatments** – Dedicated to revitalizing your body and soul! Offering deep tissue massages, reflexology, hot stone massages, couples massages, facials, paraffin dips, herbal wraps, pregnancy massage and deep cleansing facials. Available by appointment. Ext 5290. Fees vary.

## Other Resort Activities

**Bike Rentals** – \$4.00 per hour or \$12.00 per day – Indoor Pool

**DVD Rentals** – \$5.00 per day (including tax) – Pick from hundreds of movies – Indoor Pool

**Games** – Ping Pong, Foosball, Air Hockey, Arcade Games and Billiards available – Activity Center

**Myrtle Beach State Park or Huntington Beach State Park** – Day passes available at the Indoor Pool and Front Desk. Limited number of passes available. First come, first serve. One pass per family, per day. 7:00 am – 9:00 pm. (\$10.00 Refundable Deposit Required)

## Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am – 7:45 am <b>Lap Swimming</b> (Indoor Pool)	7:00 am – 7:45 am <b>Lap Swimming</b> (Indoor Pool)	7:00 am – 7:45 am <b>Lap Swimming</b> (Indoor Pool)	7:00 am – 7:45 am <b>Lap Swimming</b> (Indoor Pool)	7:00 am – 7:45 am <b>Lap Swimming</b> (Indoor Pool)
8:00 am – 9:00 am <b>Splash &amp; Tone</b> (Indoor Pool)	9:00 am – 10:00 am <b>Just Cardio</b> (Indoor Pool)	8:00 am – 9:00 am <b>Aqua Fit</b> (Indoor Pool)	9:00 am – 10:00 am <b>Shallow &amp; Deep</b> (Indoor Pool)	8:00 am – 9:00 am <b>H2O Circuit</b> (Indoor Pool)
8:00 am – 9:00 am <b>Power Step</b> (Aerobics Room)	9:00 am – 10:00 am <b>Yoga</b> (Aerobics Room)	8:00 am – 9:00 am <b>Body Sculpt</b> (Aerobics Room)	9:00 am – 10:00 am <b>Cardio Blast</b> (Aerobics Room)	8:00 am – 9:00 am <b>Pilates</b> (Aerobics Room)
11:00 am – 11 :30 am <b>Discover Plantation Resort!</b> (Activity Center) Insider Info. on all Activities, Entertainment & Specials (Complimentary)	10:15 am – 11:00 am <b>**\$ Spa Experience</b> (Indoor Pool Area)  1:00 pm – 2:00 pm <b>**\$ Release Your Inner Artist</b> (Activity Center) Advance Sign Up Required	11:00 am – 12:00 pm <b>Kid’s Carnival</b> (Activity Center) (Complimentary)	11:00 am – 12:30 pm <b>**Mary Kay Today</b> (charges for purchases only) (Activity Center)	11:00 am – 12:00 pm <b>Corn Hole Competition</b> (Activity Center) (Complimentary)  12:30 pm – 2:30 pm <b>\$ Afternoon Movie</b> (Activity Center)
12:00 pm – 1:00 pm <b>\$ Burger Bingo</b> (Activity Center)	1:00 pm – 5:00 pm <b>Plantation Bowling \$5 Special 2 games + shoes</b> Surfside Bowling Center <u>Coupon required</u> available at the Indoor Pool and Front Desk	12:30 pm – 1:30 pm <b>\$Tie-Dye T-Shirts</b> (Activity Center)  1:30 pm – 2:30 pm <b>\$ Crafts, Crafts, Crafts</b> Holiday items too! (Activity Center)	1:00 pm – 5:00 pm <b>Plantation Bowling \$5 Special 2 games + shoes</b> Surfside Bowling Center <u>Coupon required</u> available at the Indoor Pool and Front Desk	
2:30 pm – 3:00 pm <b>Treasure Hunt</b> (Children’s Playground) (Complimentary)	4:00 pm – 7:00 pm <b>Two 4 Tees (\$40) 2 people + cart + 18 holes</b> (Tupelo Bay Golf Center) Call 843-215-7888 for tee times	3:00 pm – 4:00 pm <b>\$ Wii Wednesday</b> (Activity Center)  4:00 pm – 7:00 pm <b>Two 7 Tees(\$40)</b> (Tupelo Bay Golf Center)	4:00 pm – 7:00 pm <b>Two 4 Tees (\$40) 2 people + cart + 18 holes</b> (Tupelo Bay Golf Center) Call 843-215-7888 for tee times	3:00 pm – 4:00 pm <b>\$ Lottery Bingo</b> (Adults only)
6:30 pm – 7:30 pm <b>**Golf Clinic</b> (Activity Center) (Complimentary)			6:00 pm – 8:00 pm <b>**\$ Super Supper!</b> Prices Vary (Activity Center)	

\$ Nominal fees charged for these activities. See Activity Description for details. Some activities require minimum number of participants. \*\* Advanced Reservations Required.

**\*\*Reservations required for:**  
**Golf Clinic**  
**Mary Kay Today**  
**Release Your Inner Artist**  
**Spa Experience**  
**Super Supper**  
  
For reservations, please call ext. 5290.

**Complimentary:**  
**Wireless Internet Access**  
**Available**

(Activity Center – 7:00 am – 10:00 pm)  
(Outdoor Pool – 10:00 am – 10:00 pm)

**Open swim is not available**  
**during water classes.**

**Parents Please Note:**

Children must be a least 12 years old and accompanied by an adult to use the pools, weight room or attend fitness classes.

**Smoking in Designated Locations Only!**

All diaper age children are required to wear disposable swim pants - available for purchase at the Indoor Pool for \$2.

All pools are treated to State standards.

Plantation Resort assumes no responsibility for your bathing attire.

Only beach balls are allowed in the pool areas.

For your safety, all pools are closed during thunder and lightning.

**Discover Plantation Resort!**

**Monday at 11:00 am**  
**Activity Center**

Find out the latest about what’s happening at the resort.