

Group Training or Classes

Aquatics

Improves cardiovascular fitness and muscle tone through water's natural resistance without compression forces on the joints.

Aerobics

This slower-paced class involves no jumping and combines fat-burning aerobics to relieve stress and renew energy.

Hatha Vinyasa Yoga

Self-transformation enlarges the body's capacity as an energy transformer and focuses on breath and movement control.



Poolside cabanas await you and your choice lounge outside Fitness Central and The Spa.



Active Private Country Club

Nationally known sports physiologist Doug Weary and his team of fitness professionals are on hand to help you with your fitness and training programs. Doug's

vision is to enhance the quality of life for his clients through innovative and comprehensive health programs. Doug and his staff are truly the heartbeat of Fitness Central and The Spa.

FOR MORE INFORMATION CALL 843.836.7470 for reservations at The Spa at Fitness Central or visit www.hamptonlake.com



PRESORTED
FIRST CLASS
U.S. POSTAGE
PAID
HAMPTON LAKE, VA
PERMIT NO. 1473

Hampton Lake
P.O. Box 21687
Hilton Head, SC 29926-1687

*Indulge your senses.
Rejuvenate your body.*

Hampton Lake

Introduces
Fitness Central
and
*The Spa at
Fitness Central*





The Spa's Juice Bar overlooks Lakeside's multiple-pool complex and Hampton Lake.

Stay fit and feel good at Fitness Central, an unprecedented health and wellness facility and The Spa at Fitness Central, a resort-style spa, both for the private use of Hampton Lake owners. Get an expert personal evaluation, then advance to targeted training and a variety of group programs—all with a focus on preventive methodology to help you achieve your goals. Or indulge in a full array of rejuvenating spa services and relax at the Juice Bar with friends. You've earned it, as a member of the Hampton Lake community!

Fitness Central and The Spa at Fitness Central are located on the waterfront at Lakeside, Hampton Lake's brand new amenity village. Select from a wide range of fitness instruction and spa services to complement the results of your personal evaluation... and energize your every day.

Fitness Services

Fitness Evaluation

A comprehensive, one-hour look at medical health and fitness screening to provide a program specifically built for your needs.

Individual Training

Personal Training

Our exercise physiologists guide you through a private exercise session developed to help you achieve your personal goals.

BodyGem Metabolic Assessment

A simple breath test measures oxygen consumption to measure metabolism to determine a personalized caloric budget.

Pilates

Increase strength, muscle tone and flexibility through controlled movements with private instruction on Pilates-based equipment.



Massages

Therapeutic Massage

Moderate pressure to soothe and rejuvenate stressed muscles and minds.

Targeted Deep Tissue Therapeutic Massage

Moderate to heavy pressure full body massage with targeted deep tissue and trigger point in specified areas.

Relaxation Swedish Massage

Light to moderate pressure melts away your stress and tension.

Hot Stone Massage

Experience the deepest in relaxation with Swedish massage and heated basalt stones.

Aromatherapy Massage

Light relaxing massage using your choice of essential oil combinations to achieve a variety of therapeutic affects.

Reflexology

This massage technique is done fully clothed and incorporates the use of pressure on reflex points of the head, face, hands, and feet to stimulate healing effects on other areas or organs of the body.

Pre-Natal Massage

This massage is administered only by a therapist specially certified in Pre-Natal massage.

Chair Massage

This massage lasts 10-30 minutes and is done fully clothed in a professional massage chair. The therapist uses techniques that focus on the upper part of the body.

Reiki Session

Healing energy is manipulated through the non-invasive massage, renewing your energy and spirit.

Spa Treatments *(Incorporates minimal massage)*

Aromatherapy Wrap

Choose from several essential oil combinations for a variety of experiences. The body is treated with light massage strokes and cocooned in a soft wrap, this treatment can be relaxing, nourishing, and invigorating. One hour includes longer massage time.

Micro-buff Body Polish

Be ready for summer. This treatment will leave skin looking and feeling fresh, smooth, clean, and "polished".

European Rose Body Mud Wrap

Like a facial for the whole body. This Rose clay from France, blended with emollient ingredients, offers both extreme moisturizing and therapeutic cleansing properties. Includes light exfoliation.



Acti-Sea Body Mud Wrap

With five unique seaweeds, this blend provides powerful benefits for remineralization and circulation as the skin is replenished by natural elements and rejuvenating effects of the sea. Includes light exfoliation.

Black Baltic Body Mud Wrap

This black Baltic mud penetrates pores to purify the skin and aid in detoxification. Aids in natural hydrating and rejuvenating effects. Includes light exfoliation.

Rugged Man's Relief

Remove winter's dead skin and revitalize tired, sore muscles with this massive stress relief treatment of sea salts and black Baltic mud.

Foot Mud Wrap

A facial for you feet! This treatment stimulates circulation, exfoliates rough feet, replenishes and softens skin, acts on reflex points of the feet to affect overall well-being.

Facials

European Facial

Cleansing, skin analysis, exfoliation, massage of the face, neck and shoulders, plus steamed towels for an uplifting experience.

Deep Cleansing Facial

Deep pore cleansing, exfoliation, steaming, pampering massage and mask soothe and revitalize your skin for a healthy glow.

Aromatherapy Facial

Add soothing scents to deep pore cleansing, exfoliation and steaming. The finishing touches are massage and mask, to completely rejuvenate your skin—and soul!

Microdermabrasion

A non-invasive, skin-freshening technique to repair facial skin damaged by the sun and the effects of aging.

Manicures

Our Natural Nails Manicure will leave your hands relaxed and your fingers radiant.

Pedicures

We'll pamper your feet with our Spa Delight Pedicure while you relax in our luxurious state-of-the-art pedicure lounges.

Inquire about our add-on services, including our signature soothing paraffin wax treatment.

