



DOOR  
PRIZES &  
BEST OUTFIT  
CONTEST

ANNUAL  
FREE<sup>®</sup>  
ZUMBA  
PARTY

SEPT. 29 • 8PM

OPEN TO NON-MEMBERS • CHILDCARE  
• NO JOINING FEE DAY •

THE

CLUB

2929 Demere Road  
St. Simons Island



[theclubssi.com](http://theclubssi.com)



# Third Annual **ZUMBA PARTY**

September 29th 8:00 p.m.

**SEPTEMBER**

**MAX OUT YOUR WORKOUT**



## **West Coast Swing**

5 Week Series  
Golden Isles Dancers  
Starts September 19th  
Every Tuesday 6:30 p.m.

*See front desk for details.*



## **Prenatal Yoga**

6 Week Series  
With Mandy Miller  
Wednesdays 11:15 a.m.

*See front desk for details.*



## **CPR Class**

September 29th  
12 to 3 p.m.

*See front desk for details.*

# **BEST FITNESS CLUB 2017**

(Elegant Island Living)

**THE**

**CLUB**

SCHEDULE ALSO AVAILABLE ONLINE







































Contact us:  
(912) 638.5600  
theclubssi.com

## MONDAY

## TUESDAY

## WEDNESDAY

5:45  Early Bird Cycle Cycle Studio Karen / 45 Min	5:45  Group Power® S1 Amy/Karen	5:45  Early Bird Cycle Cycle Studio Amy / 45 Min
5:45  Insanity® S2 > ELITE CLASS Stacy	8:15  Cardio Core S1 Melissa	5:45  TRX® HIIT S2 > ELITE CLASS Kim
8:00  Aqua-Fit Pool Joy	8:30  Cycle Cycle Studio George / 45 Min	8:00  Aqua-Fit Pool Paige
8:05  Group Power® S1 Karen	9:30  TBC S2 Jessica	8:05  Group Power® S1 Karen
8:30  Cycle Cycle Studio Shelly	9:30  Strength & Tone S1 Christina / 30 Min	8:15  Zumba! Basics S2 Jessica/Roxana
9:00  WaterWorks Pool Jane	9:30  Cycle Cycle Studio Amy / 45 Min	8:30  Long Haul Cycle Cycle Studio Laura
9:15  Heart Smart S1 Cheryl	4:30  TBC S2 Roxana	9:00  WaterWorks Pool Paige
9:30  Stretch 101 Y1 Joy / 45 Min	5:30  Zumba! S1 Roxana	9:15  Heart Smart S1 Joy
10:00  Deep Water Pool Jane	5:30  Long Haul Cycle Cycle Studio Tina	9:30  Stretch 101 Y1 Amy / 45 Min
10:30  Zumba! S1 Jessica	6:30  Ballroom Dancing S2 <b>EXPERT CLASS FEE</b>	10:00  Deep Water Pool Paige
4:30  Cycle Cycle Studio Roxana		10:30  Zumba S1 Jessica
5:30  Group Power® S1 Kim		4:30  Cycle Cycle Studio Paige
		5:30  Group Power® S1 Roxana
		6:30  Functional Fit S1 > ELITE CLASS Pat

### Locations Key

S1: Studio 1 | S2: Studio 2

Y1: Yoga 1

Non-member: Drop in \$15 class or 10 classes for \$120

Classes are FREE for Club members except Elite Classes & Expert Classes

Elite Classes: \$40 month member price, unlimited classes or 10 classes for \$100

Expert Classes: Check front desk for details

Classes are 60 minutes unless otherwise noted.

## THURSDAY

5:45 Group Power®  
S1  
Lisa



5:45 HIIT  
Gym > ELITE CLASS  
Stacy



8:30 Cardio Core  
S1  
Shelly



8:30 Cycle  
Cycle Studio  
Joy / 45 Min



9:30 Strength & Tone  
S1  
Joy / 30 Min



9:30 Cycle  
Cycle Studio  
Paige / 45 Min



5:30 Zumba!  
S1  
Roxana



6:30 Karate Kids  
S1  
**EXPERT CLASS FEE**



7:30 Karate Adults  
S1  
**EXPERT CLASS FEE**



## FRIDAY

5:45 Early Bird Cycle  
Cycle Studio  
Paige / 45 Min



5:45 HIIT  
Gym > ELITE CLASS  
Shelly



8:00 Aqua-Fit  
Pool  
Stephanie



8:05 Group Power®  
S1  
Roxana



8:15 Step  
S2  
Shelly



8:30 Cycle  
Cycle Studio  
Melissa A / 45 Min



9:00 WaterWorks  
Pool  
Stephanie



9:15 Heart Smart  
S1  
Christina



9:30 Stretch 101  
Y1  
Lee / 45 Min



10:30 Zumba!  
S1  
Jessica



## SATURDAY

8:00 Cycle  
Cycle Studio  
Tricia / 45 Min



9:00 Group Power®  
S1  
Staff



9:30 WaterWorks  
Pool  
Vikki/Ducille



10:15 Zumba!  
S1  
Staff



## SUNDAY

4:30 Cycle  
Cycle Studio  
George / 45 Min



CHILDCARE AVAILABLE



# Cycle Class

Monday - Sunday