



NEW YEAR'S RESOLUTIONS BE KIND TO YOURSELF!

JANUARY 2018

MAX OUT YOUR WORKOUT



Samba

5 Week Series
Golden Isles Dancers

Starts January 9th
Every Tuesday 6:30 p.m.

See front desk for details.



Restorative Yoga & Yoga Nidra

Master Class

Saturday, January 20th,
1 to 3 p.m.

See front desk for details.



CPR

Friday, January 26th

12 to 3 p.m.

See front desk for details.

Happy New Year From Our Family to Yours!

SCHEDULE ALSO AVAILABLE ONLINE



Contact us:
(912) 638.5600
theclubssi.com

MONDAY

6:30 **Awakenings Yoga**
Level 1
Margie / 45 Min



8:15 **Yoga**
Multi-Level
Ashlyn



9:15 **Hot Yoga**
Multi-Level
Tannis



9:30 **Stretch 101**
Multi-Level
Joy



9:30 **Mat Pilates**
Multi-Level
Jessica / 45 Min



4:00 **Gentle Practice Yoga**
Level 1
Karen



5:30 **Hot Yoga**
Multi-Level
Tannis / 75 Min



5:30 **Mat Pilates**
Multi-Level
Roxana / 45 Min



6:15 **Foundations Yoga**
Multi-Level
Anne



TUESDAY

8:15 **Open Flow**
Level 2
Robin



10:00 **Foundations Yoga**
Level 1
Sonja



10:15 **Hot Yoga**
Multi-Level
Tannis / 75 Min



4:30 **Hot Yoga**
Multi-Level
Mandy



5:45 **Prenatal Yoga**
Additional fee
Mandy



6:00 **Power Flow**
Level 2
Robin / 75 Min



6:30 **Hot Yoga**
Multi-Level
Lindsey



WEDNESDAY

6:30 **Awakenings Yoga**
Level 1
Pat / 45 Min



8:15 **Power Flow**
Level 2
Robin



9:30 **Stretch 101**
Multi-Level
Amy



9:30 **Mat Pilates**
Multi-Level
Karen



10:00 **Hot Yoga**
Multi-Level
Mandy



4:00 **Gentle Practice Yoga**
Level 1
Karen



5:30 **Hot Yoga**
Multi-Level
Tannis / 75 Min



5:30 **Mat Pilates**
Multi-Level
Jessica / 45 Min



6:30 **Yoga**
Multi-Level
Connie



Yin Yoga

Thursdays, 6:30 p.m.
With Karen



THURSDAY	FRIDAY	SATURDAY
<p>6:30 Hot Yoga  Multi-Level Marcia</p>	<p>6:30 Awakenings Yoga  Level 1 Connie / 45 Min</p>	<p>9:00 Open Flow  Level 2 / 75 Min Suzanne / Marcia</p>
<p>8:15 Open Flow  Multi-Level Robin</p>	<p>8:15 Yoga  Multi-Level Lee</p>	<p>9:00 Hot Yoga  Multi-Level Staff / 75 Min</p>
<p>9:30 Advanced Pilates  Level 2 Melissa A</p>	<p>9:30 Hot Yoga  Multi-Level Tannis</p>	<p style="text-align: center;">SUNDAY</p>
<p>10:00 Foundations Yoga  Level 1 Karen</p>	<p>9:30 Stretch 101  Multi-Level Lee</p>	
<p>10:15 Hot Yoga  Multi-Level Ashlyn</p>	<p>9:30 Mat Pilates  Multi-Level Melissa A</p>	
<p>4:30 Barre Fusion  Level 2 Jessica / 45 Min</p>	<p>4:00 Yoga  Multi-Level / 75 Min Lauren</p>	
<p>5:30 Hot Yoga  Level 2 Lindsey</p>		<p>4:30 Simply Sunday Yoga  Multi-Level Staff</p>
<p>6:30 Yin Yoga  Multi-Level Karen / 75 Min</p>		

Non-member: Drop in \$15 class or 10 classes for \$120
 Classes are 60 minutes unless otherwise noted.



Pilates Classes

With Jessica, Karen,
Melissa & Roxanna




YOGA & PILATES DESCRIPTIONS

Awakenings · All Levels

Begin your day with a gentle and energizing practice rooted in prana. These classes help you to mindfully ease into your day and awaken body-awareness.

Foundations · All Levels

In Yoga Foundations we will break down the essential components you will need to develop your yoga practice. Learn techniques that will enable you to practice your postures safely and skillfully. This class is appropriate for students who are new to yoga as well as those who want to focus on details of alignment and refinement in their practices.

Gentle Practice · All Levels

Gentle Yoga takes a very calming approach to classical hatha yoga postures and stretches. Gentle warm-ups, stretching, and some restorative work. Relax as you bring your focus into the present moment. Great for those new to yoga, for people managing health conditions, for those recovering from injuries or those that want to balance out with a gentle practice.

Vinyasa Flow · Level 2 & 3

In this Vinyasa Flow class you will synchronize breath with movement. Students will focus on linking conscious breath with a mindful flow of yoga postures. Students awaken their strength, energy, and flexibility in a fun atmosphere. This is a dynamic class and requires some knowledge of yoga.

Yin Yoga · All Levels

Yin yoga is a slower style of yoga that targets the connective tissues in the body to create more joint mobility, muscle and fascia flexibility and better circulation. This class consists of mostly floor postures, each held for 3-5 minutes at a time. Yin yoga is a perfect complimentary practice to athletic, active styles of yoga and the challenges of daily life. In addition to greater ease in the body, Yin facilitates a meditative state.

Hot Yoga · Level 2 & 3

The room is heated to about 85 degrees and this combined with a Vinyasa flow will warm you up inside and out. Be prepared to sweat it out in this class. You may find that your body is slightly more flexible because of the warm temperature. Knowledge of yoga postures and experience beneficial. An active practice requiring a moderate level of fitness and stamina.

Multi-Level · Level Varies

Classes maintain awareness and focus on the breath while moving through a series of postures. The sequence of postures may be different from class to class, but always follow an intelligent progression that moves from basic to complex. This style of yoga builds heat, flexibility and strength, while maintaining focus on good alignment and sound structure. Postures may be held for longer periods of time, and will flow together to unite the body to the breath and mind. Instruction can range from gentler poses to more advanced poses – options will be given and modifications can be

made. Some experience with yoga is beneficial. Options and Modifications given.

Open Flow · All Levels

A balanced combination of sustained poses as well as poses flowing in a mindful progression from one to another. Attention is always given to basic alignment and therapeutic principles. Mindfulness with observing the breath and body are paramount in this practice. Classes are balanced, with energy to give you a good physical workout, and calm, to keep you balanced.

Power Flow · Level 2 & 3

A more challenging and vigorous vinyasa/hatha led yoga class focusing equally on strength and flexibility while incorporating traditional yoga postures, inversions, and more dynamic movements. Some yoga experience recommended in addition to general good health and fitness. This class is not suitable for those brand new to yoga or those with moderate to extreme health challenges.

Mat Pilates · All Levels

This mat class incorporates the authentic Pilates exercises that target the core, while lengthening and strengthening the abs, glutes, legs, arms and back for a total body workout that challenges all levels of fitness.

Advanced Pilates · Level 2 & 3

This fun and challenging class starts where the multi-level class leaves off and builds from there, offering a full body workout for those interested in building length and strength thru authentic Pilates exercises both on the mat and at the barre, targeting the core, and including legs, back and arms.

Barre Fusion

Is an intense cardio workout done at the ballet barre formatted to be a heart pumping good time that will help you take your fitness to the next level. This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe. Barre classes mix elements of mat and barre Pilates, and the moves are choreographed to motivating music.

Simply Sunday · All Levels

Join us on Sunday for a different yoga experience each week. Our Yoga teaching staff rotate in this time slot teaching their own tradition and style of yoga. Although many traditions of yoga are experienced in this class, the class structure is geared toward a more PEACEFUL experience. Get to know all our teachers by attending the Sunday class. As in all classes, modifications will be made and options given for those with less experience in practicing yoga.