



Happy Valentine's!

Treat your someone you love
to the gift of a relaxing and stress relieving
massage or a spa treatment
with a gift certificate at The Club

30, 60 or 90-minute available



EXCITING NEWS

Simple Meals is taking over the Café space!

Simple Meals
meals made pure and simple

FEBRUARY 2018

MAX OUT YOUR WORKOUT



Kundalini Workshop Yoga Nidra / Movement & Gong Relaxation

Saturday, February 10th
& Sunday, February 11th

See front desk for details.



Pool closed for refurbishment

February 5th to 19th
Alternative Land classes
will be offered.

See front desk for details.



Blood Drive

Monday, February 19th

8 a.m. to 1 p.m.

See front desk for details.

Buy your Valentine a Massage or Spa Treatment!

SCHEDULE ALSO AVAILABLE ONLINE

THE

CLUB








































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 Paige	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 S1 EXPERT CLASS FEE	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
6:00  HIIT Bootcamp BB Court > ELITE CLASS Pat		5:30  Group Power® S1 Roxana
		6:15  HIIT Bootcamp BB Court > 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	FRIDAY	SATURDAY
5:45 Group Power® S1 Lisa 	5:45 Early Bird Cycle Cycle Studio Paige / 45 Min 	8:00 Cycle Cycle Studio Tricia / 45 Min 
5:45 HIIT Gym > ELITE CLASS Stacy 	5:45 HIIT Gym > ELITE CLASS Shelly 	9:00 Group Power® S1 Staff 
8:15 TBC S2 Yolanda 	8:00 Aqua-Fit Pool Stephanie 	9:30 WaterWorks Pool Vikki/Ducille 
8:30 Cardio Core S1 Shelly 	8:00 Group Power® S1 Roxana 	10:15 Zumba! S1 Staff 
8:30 Cycle Cycle Studio Joy / 45 Min 	8:15 Step S2 Shelly 	
9:30 Strength & Tone S1 Joy / 30 Min 	8:30 Cycle Cycle Studio Melissa A / 45 Min 	SUNDAY
9:30 Cycle Cycle Studio Paige / 45 Min 	9:00 WaterWorks Pool Stephanie 	
10:30 Zumba! Basics S1 / Starting the 8th Christina 	9:15 Heart Smart S1 Christina 	4:30 Cycle Cycle Studio George / 45 Min 
5:30 Zumba! S1 Roxana 	9:30 Stretch 101 Y1 Lee / 45 Min 	
6:30 Karate Kids S1 EXPERT CLASS FEE 	10:30 Zumba! S1 Jessica 	
7:30 Karate Adults S1 EXPERT CLASS FEE 		



JOIN Christina,
 Jessica & Roxana
 to ZUMBA® Class!