

## 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.



EXCITING NEWS

# Simple Meals is taking over the Café space!

*Simple Meals*  
meals made pure and simple

**FEBRUARY 2018**

THERE IS A CLASS FOR EVERY YOGI



### 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



Contact us:  
(912) 638.5600  
theclubssi.com

## MONDAY

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



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



9:30 **Hot Yoga**  
Multi-Level  
Tannis



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



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



10:45 **Stretch 101**  
Multi-Level  
Joyce



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  
Anne / 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



10:45 **Stretch 101**  
Multi-Level  
Marcia



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




# Kundalini Master Class With Kim Holton

Saturday, February 10 &  
Sunday, February 11  
*See front desk for details.*

THE  
CLOUDS  
YOGA



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

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



Buy your Valentine  
a Massage or  
Spa Treatment!