



17TH ANNUAL GIVING TREE

SUPPORTING SEARS MANOR
& GRACEMORE.

SEE FRONT DESK FOR DETAILS.

DECEMBER

MAX OUT YOUR WORKOUT



Blood Drive

Wednesday, December 20th
8 a.m. to 1 p.m.

See front desk for details.



Holiday Massage Special

Buy 4 Sessions
Get One Free

See front desk for details.



Holiday Yoga Special

Buy 4 Private Sessions
Get One Free

See front desk for details.

CHRISTMAS HOURS

Closed December 24th Christmas Eve & December 25th Christmas Day

NEW YEAR'S HOURS

December 31st, Open 12-4 pm - Kidzone Closed / Closed January 1st

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 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
8:30 Cardio Core S1 Shelly	8:00 Aqua-Fit Pool Stephanie	9:30 WaterWorks Pool Vikki/Ducille
8:30 TBC S2 Yolanda	8:05 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	4:30 Cycle Cycle Studio George / 45 Min
5:30 Zumba! S1 Roxana	9:15 Heart Smart S1 Christina	
6:30 Karate Kids S1 EXPERT CLASS FEE	9:30 Stretch 101 Y1 Lee / 45 Min	
7:30 Karate Adults S1 EXPERT CLASS FEE	10:30 Zumba! S1 Jessica	



**TRAIN TO
SUCCEED WITH
OUR PERSONAL
TRAINERS**



TREAT
YOURSELF OR
SOMEONE YOU
LOVE

Holiday Specials

Massage Special
Buy a 4-pack of 60 or 90 minute sessions & get one free!
Offer Valid December 4th-10th ONLY*

Yoga Special
Buy a 4-pack of 60 minute personal yoga sessions & get one free!
Available with certain yoga instructors, see front desk for details.
Offer Valid December 11th-17th ONLY*

*This offer is for Members Only.

BUY FOUR
GET ONE
FREE



THE CLOUDS YOGA STUDIO
AT THE CLUB
2929 DEMERE ROAD • ST. SIMONS ISLAND
(912) 638.5600 • thecloudsyoga.com

