## **APRIL FULL ACCESS FITNESS SCHEDULE**

The Club Hours: Mon.-Fri: 5a.m.- 9p.m. | Sat.-Sun: 7a.m.- 7p.m. Kidzone hours: Mon.- Thur: 8a.m.-12p.m. & 4pm-7pm | Fri.- Sat: 8a.m.-12p.m. Phone: (912) 638.5600 Website: www.theclubssi.com \$25 non-member drop in rate

MONDAY	TUESDAY	WEDNESDAY
5:45 Early Bird Cycle	5:45 TBC	5:45 Early Bird Cycle
Cycle Studio	Gym	Cycle Studio
Karen/ 45 mins	Chris	Karen/ 45 mins
8:00 Group Power	5:45 Group Power	5:45 HIIT
Studio 1	Studio 1	Studio 2
Karen	Karen	Kim
8:00 HIIT	7:30 Barre	8:00 Group Power
Studio 2	Studio 2	Studio 1
Kim	Angie/ 45 mins	Karen
8:30 Cycle	8:30 Cycle	8:00 HIIT
Cycle Studio	Cycle Studio	Gym
Shelly/Roxana 45 mins	Tricia / 45 mins	Tasha
9:15 Heart Smart	8:30 Aqua Fit	8:15 Zumba! Basics
Studio 2	Pool	Studio 2
Yolanda	Jane	Roxana/ 45 mins
9:30 Stretch 101	9:30 Deep Water	8:30 Cycle
Yoga 1	Pool	Cycle Studio
Joy/ 45 mins	Jane	Pat
10:30 Zumba!	9:30 Strength & Tone	9:15 Heart Smart
Studio 1	Studio 1	Studio 1
Jessica	Yolanda/ 45 mins	Anna
12:00 Lunch Break Burn	10:30 TRX	<b>9:30 Stretch 101</b>
Studio 1	Studio 2	Yoga 1
Jessica / 45min	Jessica	Jenna/ 45 mins
5:00 Basketball Open Play	11:30 Pickleball Open Play	10:30 Zumba!
Gym	Gym	Studio 1
\$10 for non-members	\$10 for non-members	Jessica
5:30 Group Power Studio 1 Kim	1:00 Parkinson's Adaptive Fitness Studio 1	<b>12:00 Lunch Break Burn</b> Studio 1 Jessica / 45min
	4:30 TRX Studio 2 Roxana/ 45 mins	5:00 Pickleball Open Play Gym \$10 for non-members
	5:00 Basketball Open Play Gym \$10 for non-members	5:30 Group Power Studio 1 Roxana
	5:30 Zumba! Studio 1	7:00 Basketball Open Play Gym \$10 for non-members

## THE

THURSDAY	FRIDAY	SATURDAY
5:45 TBC	5:45 Early Bird Cycle	7:00 Basketball Open Play
Gym	Cycle Studio	Gym
Chris	Kim/ Shelly 45 mins	\$10 for non-members
5:45 Group Power	7:00 Pickleball Open Play	8:00 Cycle
Studio 1	Gym	Cycle Studio
Kim	\$10 for non-members	Shelly/ 45 mins
7:30 Barre	8:00 Group Power	8:30 Aqua Fit
Studio 2	Studio 1	Pool
Angie/ 45 mins	Roxana	Rotatopn
8:30 Cycle	8:30 Cycle	9:00 Step
Cycle Studio	Cycle Studio	Studio 2
Joy/ 45 mins	Tricia / 45 mins	Shelley
8:30 Aqua Fit	9:15 Heart Smart	9:00 Group Power
Pool	Studio 2	Studio 1
Stephanie	Jenna	Staff
9:30 Deep Water	9:30 Stretch 101	10:15 Zumba!
Pool	Yoga 1	Studio 1
Stephanie	Yolanda/ 45 mins	Staff
9:30 Strength & Tone Studio 1 Joy/ 45 mins	10:30 Zumba! Studio 1 Jessica	SUNDAY
10:30 TRX	<b>12:00 Lunch Break Burn</b>	<b>3:00 Pickleball Open Play</b>
Studio 2	Studio 1	Gym
Jessica	Jessica / 45min	\$10 for non-members
10:30 Barre Studio 2 Anna/ 45 mins	5:30 Futsal! w/ giasoccer.com Gymnasium	
11:30 Pickleball Open Play Gym \$10 for non-members	Cold	Plunge
1:00 Parkinson's Adaptive Fitness Studio 1	COM	
5:30 Zumba! Studio 1 Roxana	Elevated Energy If guite Rodering to below needs of the Beet way polymer and the Beet way	er grand being and an and an and an and an and an

\*All classes are 60 min unless otherwise noted