

APRIL YOGA 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	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 Awakenings Yoga Yoga 1 Alice/ 45 mins	8:15 Open Flow Yoga 1/ Multi-level Robin	6:30 Awakenings Yoga Yoga 1 Michelle / 45 mins	6:30 Hot Yoga Yoga 2 / Multi-Level Jonny/ 45 mins	6:30 Awakenings Yoga Yoga 1 Connie/ 45 mins	9:00 Hot Yoga Yoga 2/ Multi-level Susanne/ 75 mins	
7:30 Hot Yoga <i>Temps expected to reach 105°F</i> Yoga 2/ Multi-level Staton	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	8:15 Power Flow Yoga 1/ Advanced Robin	8:15 Open Flow Yoga 1/ Multi-level Robin	8:15 Vinyasa Flow Yoga 1/ Multi-level Tannis	10:15 Yoga Yoga 1/ Multi-level Shannon	
8:15 Morning Restore Yoga 1/ Multi-level Susanne	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Hot Baptiste Yoga 2/ Multi-level Dorothy / 75 mins	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Mat Pilates Studio 1/ Multi-level Joy/ 45 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Hannah	
9:30 Hot Yoga Yoga 2/ Advanced Shannon	10:30 Chair Yoga Studio 1/ Multi-level Angie H.	9:30 Mat Pilates Studio 2/ Multi-level Yolanda / 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Stretch 101 Yoga 1/ Multi-level Yolanda/ 45 mins		
9:30 Pilates Fusion Studio 1/ Multi-level Jessica/ 45 mins	11:00 *Hot Pilates* Yoga 2 Robin H./ 45 mins	9:30 Stretch 101 Yoga 1/ Multi-level Jenna / 45 mins	10:30 Barre Studio 1 Anna/ 45 mins	9:30 Hot Baptiste Yoga 2/ Advanced Lawanda/ 75 mins	8:30 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins	
9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita / 75 mins	10:30 Stretch 101 Yoga 1/ Multi-level Jenna / 45 mins	4:30 Barre Fusion Studio 2/ Advanced Jess/ Roxana/ 45 mins	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Rotation	
10:30 Stretch 101 Yoga 1/ Multi-level Robin H./ 45 mins	5:15 Hot Yoga Yoga 2/ Multi-Level Robin	1:00 Chair Yoga Studio 1/ Multi-level Nan / Joanne	5:30 Hot 26 <i>Temps expected to reach 105°F</i> Yoga 2/ Multi-level Jordan/ 75mins	5:15 Hot Yoga Yoga 2/ Multi-level Rebecca	4:30 Simply Sunday** Yoga 1/ Multi-level Staff	
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	5:30 Restorative + Yin Yoga 1/ Multi-level / 75mins Dorothy/ Susanne			
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins		4:00 Beginners' Pilates Studio 2/ Multi-level Robin H.				
5:30 Pilates Fusion Studio 2/ Multi-level Roxana/ 45 mins		5:30 Hot Yoga Yoga 2/ Advanced Jonny / Lauralyn / Martha				
6:00 Yoga Yoga 1/ Multi-level Lisa		5:30 Traditional Pilates Studio 2/ Multi-level Robin H.				
		6:00 Yoga Yoga 1/ Multi-level Connie				

LEVITATE

Aerial Sound Bath

With Dr. Iman Ali

Sunday, April 12, 2026
2 p.m. - 3 p.m.

"As you float gently in your hammock, immerse yourself in calming melodies and resonant tones that promote relaxation and inner peace."



*All classes are 60 min unless otherwise noted