

DECEMBER FITNESS SCHEDULE *ALSO ONLINE

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
5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins	5:30 Group Power Studio 1 Karen	5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins	5:45 Group Power Studio 1 Kim	5:45 Early Bird Cycle Cycle Studio Kim/ 45 mins	7:00 Basketball Open Play Gym \$10 for non-members
8:00 Group Power Studio 1 Karen	8:00 Barre Studio 2 Angie/ 30 mins	5:45 HIIT Studio 2 Kim	8:00 Barre Studio 2 Angie/ 30 mins	7:00 Pickleball Open Play Gym \$10 for non-members	8:00 Cycle Cycle Studio Shelly/ 45 mins
8:00 HIIT Studio 2 Angie	8:15 Step Studio 1 Shelly	8:00 Group Power Studio 1 Karen	8:30 Cycle Cycle Studio Joy/ 45 mins	8:00 Group Power Studio 1 Roxana	8:30 Aqua Fit Pool Ducille/Vikki
8:30 Cycle Cycle Studio Shelly/ 45 mins	8:30 Cycle Cycle Studio Tricia/ 45 mins	8:00 HIIT Gym Shelly	8:30 Aqua Fit Pool Stephanie	8:30 Cycle Cycle Studio George/ 45 mins	9:00 Group Power Studio 1 Staff
9:15 Heart Smart Studio 2 Yolanda	8:30 Aqua Fit Pool Jane	8:15 Zumba! Basics Studio 2 Roxana/ 45 mins	9:30 Deep Water Pool Stephanie	9:15 Heart Smart Studio 2 Shelly	10:15 Zumba! Studio 1 Staff
9:30 Stretch 101 Yoga 1 Joy/ 45 mins	9:30 Deep Water Pool Jane	8:30 Cycle Cycle Studio Angie	9:30 Strength & Tone Studio 1 Joy/ 45 mins	9:30 Stretch 101 Yoga 1 Yolanda/ 45 mins	
10:30 Zumba! Studio 1 Jessica	9:30 Strength & Tone Studio 1 Yolanda/ 45 mins	9:15 Heart Smart Studio 1 Joy	10:30 TRX Studio 2 Jessica	10:30 Zumba! Studio 1 Jessica	
5:00 Basketball Open Play Gym \$10 for non-members	10:30 TRX Studio 2 Jessica	9:30 Stretch 101 Yoga 1 Shelly/ 45 mins	11:30 Pickleball Open Play Gym \$10 for non-members		
5:30 Group Power Studio 1 Kim	11:30 Pickleball Open Play Gym \$10 for non-members	10:30 Zumba! Studio 1 Jessica	1:00 Pickleball Clinic Beginner's / \$20 Gym		
	1:00 Parkinson's Adaptive Fitness Studio 1	5:00 Pickleball Open Play Gym \$10 for non-members	1:00 Parkinson's Adaptive Fitness Studio 1		
	4:30 TRX Studio 2 Roxana/ 45 mins	5:30 Group Power Studio 1 Roxana	5:30 Zumba! Studio 1 Roxana		
	5:30 Zumba! Studio 1 Roxana		5:30 Cycle Cycle Studio Paige/ 45 mins		

The Giving Tree 2023

Please remember to pick up an ornament from our Giving Tree to help the residents of Sears Coastal Nursing and Rehab.

Sign out your ornament at the front desk!

Gifts are to be returned wrapped by Friday, December 8th before 5pm.

*All classes are 60 min unless otherwise noted

