

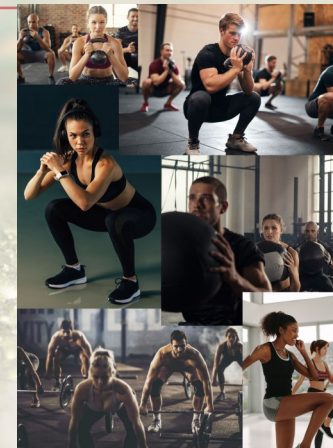
DECEMBER FULL ACCESS FITNESS SCHEDULE

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

*All classes are 60 min unless otherwise noted



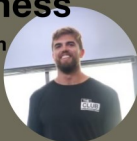
*****New Class Alert*****

Functional Fitness

W/ Taylor Manoogian

Sundays

3:00 pm
Studio 1



Introducing **Functional Fitness** – a dynamic new class designed to enhance strength, mobility, and endurance through a combination of calisthenics, plyometrics, and primal movements. This high-energy workout will help you build functional strength for everyday activities, improve coordination, and boost your overall fitness.