

DECEMBER FULL ACCESS 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
6:30 Awakenings Yoga Yoga 1 Alice/ 45 mins	7:30 Barre Studio 2 Angie/ 45 mins	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
8:15 Yoga Yoga 1/ Multi-level Susanne	8:15 Open Flow Yoga 1/ Multi-level Robin	8:15 Power Flow Yoga 1/ Advanced Robin	7:30 Barre Studio 2 Angie/ 45 mins	8:15 Vinyasa Flow Yoga 1/ Multi-level Tannis	10:15 Yoga Yoga 1/ Multi-level Shannon / Matt
9:30 Hot Yoga Yoga 2/ Advanced Tannis	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Hot Vinyasa Yoga 2/ Multi-level Dorothy / 75 mins	8:15 Open Flow Yoga 1/ Multi-level Robin	9:30 Mat Pilates Studio 1/ Multi-level Joy/ 45 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Hannah
9:30 Mat Pilates Studio 1/ Multi-level Jessica/ 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Mat Pilates Studio 2/ Multi-level Yolanda / 45 mins	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Stretch 101 Yoga 1/ Multi-level Yolanda/ 45 mins	SUNDAY
9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita / 75 mins	9:30 Stretch 101 Yoga 1/ Multi-level Angie / 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Hot Baptiste Yoga 2/ Advanced Lawanda/ 75 mins	
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	5:15 Hot Yoga Yoga 2/ Multi-Level Robin	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Dorothy	11:30 Yin Yoga Yoga 1/ Multi-level Janita / 75mins	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	8:30 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	5:30 Hot Yoga Yoga 2/ Advanced Anne C/ 75 mins	4:30 Barre Fusion Studio 2/ Advanced Jess/ Roxana/ 45 mins	5:15 Hot Yoga Yoga 2/ Multi-level Hannah	10:30 Hot Slow Flow Yoga 2/ Multi-level Susanne/ Hannah
5:30 Pilates Fusion Studio 2/ Multi-level Roxana/ 45 mins		5:30 Mat Pilates Studio 2/ Multi-level Robin/ 45 mins	5:30 Hot Yoga Yoga 2/ Multi-level Jordan		4:30 Simply Sunday** Yoga 1/ Multi-level Staff
6:00 Yoga Yoga 1/ Multi-level Hannah		6:00 Yoga Yoga 1/ Multi-level Connie			



The Giving Tree 2024

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 Tuesday, December 10th before 5pm.

*All classes are 60 min unless otherwise noted