

# DECEMBER 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
5:45 <b>Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	5:45 <b>TBC</b> Gym Chris	5:45 <b>Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	5:45 <b>TBC</b> Gym Chris	5:45 <b>Early Bird Cycle</b> Cycle Studio Kim/ Shelly 45 mins	7:00 <b>Basketball Open Play</b> Gym \$10 for non-members
8:00 <b>Group Power</b> Studio 1 Karen	5:45 <b>Group Power</b> Studio 1 Karen	5:45 <b>HIIT</b> Studio 2 Kim	5:45 <b>Group Power</b> Studio 1 Kim	7:00 <b>Pickleball Open Play</b> Gym \$10 for non-members	8:00 <b>Cycle</b> Cycle Studio Shelly/ 45 mins
8:00 <b>HIIT</b> Studio 2 Kim	7:30 <b>Barre</b> Studio 2 Angie/ 45 mins	8:00 <b>Group Power</b> Studio 1 Karen	7:30 <b>Barre</b> Studio 2 Angie/ 45 mins	8:00 <b>Group Power</b> Studio 1 Roxana	8:30 <b>Aqua Fit</b> Pool Rotation
8:30 <b>Cycle</b> Cycle Studio Roxana 45 mins	8:30 <b>Cycle</b> Cycle Studio Tricia / 45 mins	8:15 <b>Zumba! Basics</b> Studio 2 Roxana/ 45 mins	8:30 <b>Cycle</b> Cycle Studio Joy/ 45 mins	8:30 <b>Cycle</b> Cycle Studio Staff / 45 mins	9:00 <b>Step</b> Studio 2 Shelly
9:15 <b>Heart Smart</b> Studio 2 Yolanda	8:30 <b>Aqua Fit</b> Pool Jane	8:30 <b>Cycle</b> Cycle Studio Tasha	8:30 <b>Aqua Fit</b> Pool Stephanie	9:15 <b>Heart Smart</b> Studio 2 Jenna	9:00 <b>Group Power</b> Studio 1 Staff
9:30 <b>Stretch 101</b> Yoga 1 Joy/ 45 mins	9:30 <b>Deep Water</b> Pool Jane	9:15 <b>Heart Smart</b> Studio 1 Anna	9:30 <b>Deep Water</b> Pool Stephanie	9:30 <b>Stretch 101</b> Yoga 1 Yolanda/ 45 mins	10:15 <b>Zumba!</b> Studio 1 Staff
10:30 <b>Zumba!</b> Studio 1 Jessica	9:30 <b>Strength &amp; Tone</b> Studio 1 Yolanda/ 45 mins	9:30 <b>Stretch 101</b> Yoga 1 Jenna/ 45 mins	9:30 <b>Strength &amp; Tone</b> Studio 1 Joy/ 45 mins	10:30 <b>Zumba!</b> Studio 1 Jessica	<b>SUNDAY</b>
1:15 <b>Lunch Break Burn</b> Studio 1 Amy/ 45min	10:30 <b>TRX</b> Studio 2 Jessica	10:30 <b>Zumba!</b> Studio 1 Jessica / Anna	10:30 <b>TRX</b> Studio 2 Jessica	5:30 <b>Futsal!</b> w/giasoccer.com Gymnasium	
5:30 <b>Group Power</b> Studio 1 Kim	11:30 <b>Pickleball Open Play</b> Gym \$10 for non-members	1:00 <b>Parkinson's</b> Chair Fitness Studio 1	10:30 <b>Barre</b> Studio 1 Anna/ 45 mins		3:00 <b>Pickleball Open Play</b> Gym \$10 for non-members
7:00 <b>Basketball Open Play</b> Gym \$10 for non-members	1:00 <b>Parkinson's</b> Adaptive Fitness Studio 1	5:00 <b>Pickleball Open Play</b> Gym \$10 for non-members	11:30 <b>Pickleball Open Play</b> Gym \$10 for non-members		
	4:30 <b>TRX</b> Studio 2 Roxana/ 45 mins	5:30 <b>Group Power</b> Studio 1 Roxana	1:00 <b>Parkinson's</b> Adaptive Fitness Studio 1		
	5:00 <b>Basketball Open Play</b> Gym \$10 for non-members		4:30 <b>Barre Fusion</b> Studio 2 / Advanced Jess / Roxana 45mins		
	5:30 <b>Zumba!</b> Studio 1 Roxana		5:30 <b>Zumba!</b> Studio 1 Roxana		

\*All classes are 60 min unless otherwise noted