

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

\*All classes are 60 min unless otherwise noted



**\*New Class Alert\***

## Restorative + Yin Yoga

Unwind, rebalance, and reconnect with this soothing blend of Restorative and Yin yoga. Designed to melt away tension and calm the nervous system, this class combines long, supported poses with gentle, meditative stretching to help you soften both body and mind. Perfect for all levels, it offers a peaceful reset—enhancing flexibility, improving circulation, and nurturing emotional well-being. Step onto your mat, slow down, and enjoy a deeply therapeutic practice that leaves you feeling grounded, spacious, and renewed.

Thursdays  
 5 p.m. - 6:15 p.m.  
 w/ Susanne and Dorothy