

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

*All classes are 60 min unless otherwise noted

Sun Salutations

Devotion + Embodiment + Alignment

Saturday, February 7
1:00 p.m. - 3:00 p.m.



Kristin Gould

Join Kristin for an immersive exploration of Surya Namaskar (Sun Salutations) - the practice that links strength, devotion and mindfulness. We will uncover the devotional roots and anatomical precision of this daily ritual. Refine your alignment, connect breath to motion and transform repetition into reverence. Come learn, reclaim, sweat and light it up. Teachers and devoted students are encouraged to attend. Save your spot now.

PRE-REGISTRATION REQUIRED
\$50
Space is LIMITED. Sign up today!
See front desk for details.
2929 DEMERE ROAD • ST. SIMONS ISLAND
(912) 638.5600