

JANUARY 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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 Awakenings Yoga Yoga 1 Alice/ 45 mins	6:00 Hot Yoga Temps expected to reach 105°F Yoga 2/ Multi-level Staton	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 Temps expected to reach 105°F Yoga 2/ Multi-level Staton	7:30 Barre Studio 2 Angie/ 45 mins	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	8:15 Open Flow Yoga 1/ Multi-level Robin	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	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	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	10:00 Classical Yoga Yoga 1/ Multi-level John 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	10:30 Chair Yoga Studio 1/ Multi-level Angie H.	1:00 Chair Yoga Studio 1/ Multi-level Nan / Joanne	10:30 Barre Studio 1 Anna/ 45 mins	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	11:00 *Hot Pilates* Yoga 2 Robin H./ 45 mins	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	4:30 Barre Fusion Studio 2/ Advanced Jess/ Roxana/ 45 mins	5:15 Hot Yoga Yoga 2/ Multi-level Staton / Rebecca	
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita / 75 mins	4:00 Beginners' Pilates Studio 2/ Multi-level Robin H.	5:30 Hot 26 Temps expected to reach 105°F Yoga 2/ Multi-level Jordan/ 75mins		
5:30 Pilates Fusion Studio 2/ Multi-level Roxana/ 45 mins	5:15 Hot Yoga Yoga 2/ Multi-level Robin	5:30 Hot Yoga Yoga 2/ Advanced Jonny / Luralyn / Martha	5:30 Restorative + Yin Yoga 1/ Multi-level / 75mins Dorothy/ Susanne		
6:00 Yoga Yoga 1/ Multi-level Lisa	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	5:30 Traditional Pilates Studio 2/ Multi-level Robin H.			
		6:00 Yoga Yoga 1/ Multi-level Connie			

Beginner's Yoga....

....Begins February 2026

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Sign up at the front desk
or
email info@theclubssi.com for details



*All classes are 60 min unless otherwise noted