

JANUARY YOGA SCHEDULE

*ALSO ONLINE

Hours: Mon.-Fri: 5a.m.- 9 p.m. | Sat.-Sun: 7 a.m.- 7 p.m.

Phone: (912) 638.5600 Website: www.theclubssi.com

\$25 non-member drop in rate



WE ARE HERE TO STAY!

* Ask the front desk about the new rates

*All classes are 60 min unless otherwise noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 Awakenings Yoga Yoga 1/ Level 1 Diana/ 45 mins	8:00 Barre Studio 2 Angie/ 30 mins	6:30 Awakenings Yoga Yoga 1/ Level 1 Anne C/ 45 mins	6:30 Hot Yoga Yoga 2/ Multi-level Jonny/ 45 mins	6:30 Awakenings Yoga Yoga 1/ Level 1 Connie/ 45 mins	8:45 Hot Yoga Yoga 2/ Multi-level Susanne/ 75 mins	
8:15 Hatha Yoga Yoga 1/ Multi-level Julie	8:15 Open Flow Yoga 1/ Multi-level Robin	8:15 Power Flow Yoga 1/ Advanced Robin	8:00 Barre Studio 2 Angie/ 30 mins	8:15 Baptiste Flow Yoga 1/ Intermediate Lawanda	9:00 Open Flow Yoga 1/ Multi-level Anne C/ Tiffany/ 75 mins	
9:30 Hot Yoga Yoga 2/ Advanced Tannis	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Mat Pilates Studio 2/ Multi-level Yolanda/ 45 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	10:15 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Stretch 101 Yoga 1/ Multi-level Diana/ 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Stretch 101 Yoga 1/ Multi-level Shelly/ 45 mins		
9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita/ 75 mins	10:15 Hot Yoga Yoga 2/ Advanced Mandy/ 75 mins	10:15 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	10:15 Hot Yoga Yoga 2/ Advanced Julie/ 75 mins		
10:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	5:30 Power Flow Yoga 1/ Advanced Robin/ 75 mins	10:30 Stretch 101 Yoga 1/ Multi-level Diana/ 45 mins	11:30 HartYoga Yoga 1/ Multi-level John H.	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	8:45 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins	
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	5:30 Club Ashtanga Studio 2/ Advanced Lindsey	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	4:30 Barre Fusion Studio 2/ Advanced Jessica/ 45 mins		10:30 Hot Slow Flow Yoga 2/ Multi-level Susanne/ Hannah/ Julie	
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins	5:45 Restorative Yoga 2/ Multi-level Mary	5:30 Hot Yoga Yoga 2/ Advanced Hannah/ 75 mins	5:30 Aerial Restorative/Yin Studio 2/ Space limited Julie		4:30 Simply Sunday Yoga 1/ Multi-level Staff	
5:30 Mat Pilates Studio 2/ Multi-level Roxana/ 45 mins		5:30 Mat Pilates Studio 2/ Multi-level Jessica/ 45 mins	5:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins			
6:00 Yoga Yoga 1/ Multi-level Anne G.		6:00 Yoga Yoga 1/ Multi-level Connie	6:00 Yin Yoga Yoga 1/ Multi-level Sheri/ 75 mins			

Happy New Year
from your Club
Family!