

# JANUARY FULL ACCESS 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
<b>6:30 Awakenings Yoga</b> Yoga 1 Alice/ 45 mins	<b>7:30 Barre</b> Studio 2 Angie/ 45 mins	<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>8:15 Yoga</b> Yoga 1/ Multi-level Susanne	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<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 / Matt
<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis	<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>9:30 Hot Vinyasa</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 Mat Pilates</b> Studio 1/ Multi-level Jessica/ 45 mins	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<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>SUNDAY</b>
<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Joy/ 45 mins	<b>11:30 Yin Yoga</b> Yoga 1/ Multi-level Janita / 75 mins	<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>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 John H.	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-Level Robin	<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 Janita	<b>11:30 Yin Yoga</b> Yoga 1/ Multi-level April/ 75mins	<b>10:30 Yin Yoga</b> Yoga 1/ Multi-level April/ 90 mins	<b>8:30 Hot Yoga</b> Yoga 2/ Multi-level Anne C/ 75 mins
<b>5:30 Hot Yoga</b> Yoga 2/ Multi-level Lawanda/ 75 mins	<b>5:30 Restorative</b> Yoga 1/ Multi-level Susanne / 75 mins	<b>5:30 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>4:30 Barre Fusion</b> Studio 2/ Advanced Jess/ Roxana/ 45 mins	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-level Hannah	<b>10:30 Hot Slow Flow</b> Yoga 2/ Multi-level Susanne/ Hannah
<b>5:30 Pilates Fusion</b> Studio 2/ Multi-level Roxana/ 45 mins		<b>5:30 Mat Pilates</b> Studio 2/ Multi-level Robin/ 45 mins	<b>5:30 Hot Yoga</b> Yoga 2/ Multi-level Jordan		<b>4:30 Simply Sunday**</b> Yoga 1/ Multi-level Staff
<b>6:00 Yoga</b> Yoga 1/ Multi-level Hannah		<b>6:00 Yoga</b> Yoga 1/ Multi-level Connie			

\*All classes are 60 min unless otherwise noted

## Yin Yoga Intensive Weekend W/ Dennis and Kathy Lang



The weekend includes a blend of lecture, discussion and practices with live music! A historical perspective of Yin Yoga, Yoga anatomy from a Yin perspective, The Basic 26 postures, Meridian Theory and the use of Yin Yoga for targeted results, Benefits of Yin Yoga, Yin vs Restorative Yoga, Yin Yoga for Athletes, Teaching guidelines and how to design a practice  
**OPEN TO ALL STUDENTS (NO RYT CERTIFICATE REQUIRED)**

Dennis and Kathy Lang, E-RYT500, YACEP, teachers of yin, vinyasa yoga, meditation and mindfulness practices, writers, speakers, ethereal musicians and authors of "Everything Matters". Yoga Alliance CEU's available.

**PRE-REGISTRATION REQUIRED**

\$385 early registration

\$425 after January 17, 2025

Sign up today!

See front desk for details.

2929 DEMERE ROAD • ST. SIMONS ISLAND • (912) 638.5600

January 31, 2025 - February 2, 2025

Friday, 6p - 9p

Saturday and Sunday, 11a - 5p