

JANUARY FITNESS 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

THE CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins	5:45 TBC Gym Chris	5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins	5:45 TBC Gym Chris	5:45 Early Bird Cycle Cycle Studio Kim/ Shelly 45 mins	7:00 Basketball Open Play Gym \$10 for non-members
8:00 Group Power Studio 1 Karen	5:45 Group Power Studio 1 Karen	5:45 HIIT Studio 2 Kim	5:45 Group Power Studio 1 Kim	7:00 Pickleball Open Play Gym \$10 for non-members	8:00 Cycle Cycle Studio Shelly/ 45 mins
8:00 HIIT Studio 2 Kim	7:30 Barre Studio 2 Angie/ 45 mins	8:00 Group Power Studio 1 Karen	7:30 Barre Studio 2 Angie/ 45 mins	8:00 Group Power Studio 1 Roxana	8:30 Aqua Fit Pool Rotation
8:30 Cycle Cycle Studio Roxana 45 mins	8:30 Cycle Cycle Studio Tricia / 45 mins	8:15 Zumba! Basics Studio 2 Roxana/ 45 mins	8:30 Cycle Cycle Studio Joy/ 45 mins	8:30 Cycle Cycle Studio Staff / 45 mins	9:00 Step Studio 2 Shelly
9:15 Heart Smart Studio 2 Yolanda	8:30 Aqua Fit Pool Jane	8:30 Cycle Cycle Studio Tasha	8:30 Aqua Fit Pool Stephanie	9:15 Heart Smart Studio 2 Jenna	9:00 Group Power Studio 1 Staff
9:30 Stretch 101 Yoga 1 Joy/ 45 mins	9:30 Deep Water Pool Jane	9:15 Heart Smart Studio 1 Anna	9:30 Deep Water Pool Stephanie	9:30 Stretch 101 Yoga 1 Yolanda/ 45 mins	10:15 Zumba! Studio 1 Staff
10:30 Zumba! Studio 1 Jessica	9:30 Strength & Tone Studio 1 Yolanda/ 45 mins	9:30 Stretch 101 Yoga 1 Jenna/ 45 mins	9:30 Strength & Tone Studio 1 Joy/ 45 mins	10:30 Zumba! Studio 1 Jessica	
1:15 Lunch Break Burn Studio 1 Amy/ 45min	10:30 TRX Studio 2 Jessica	10:30 Zumba! Studio 1 Jessica / Anna	10:30 TRX Studio 2 Jessica	5:30 Futsal! w/giasoccer.com Gymnasium	
5:30 Group Power Studio 1 Kim	1:00 Parkinson's Adaptive Fitness Studio 1	1:00 Parkinson's Chair Fitness Studio 1	10:30 Barre Studio 1 Anna/ 45 mins		
7:00 Basketball Open Play Gym \$10 for non-members	4:30 TRX Studio 2 Roxana/ 45 mins	5:00 Pickleball Open Play Gym \$10 for non-members	1:00 Parkinson's Adaptive Fitness Studio 1		
	5:30 Zumba! Studio 1 Roxana	5:30 Group Power Studio 1 Roxana	4:30 Barre Fusion Studio 2 / Advanced Jess / Roxana 45mins		
	5:45 Strength Club Studio 2 Amy K.		5:30 Zumba! Studio 1 Roxana		
			5:45 Strength Club Studio 2 Amy K.		

*All classes are 60 min unless otherwise noted

New Class Alert

Strength Club!
With Amy Knowles

Tuesdays & Thursdays
5:45 p.m.



If you are looking to get more toned or simply maintain strength so that you have no trouble climbing stairs, going on long walks, or picking up grandkids - this class is for you. We will utilize the tried and true approach to strength building, which follows a structured, scientifically based model with periodization. We will incorporate all 5 phases of strength development: Stabilization, Strength Endurance, Muscular Development, Maximal Strength, and Power. There will be no shortcuts, expect to work hard and see results.