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MONDAY	TUESDAY	WEDNESDAY
5:45  Early Bird Cycle Cycle Studio Karen / 45 Min	5:30  Group Power® S1 Karen	5:45  Early Bird Cycle Cycle Studio Karen / 45 Min
8:00  Group Power® S1 Karen	8:30  Cycle Cycle Studio Amy / 45 Min	5:45  HIIT S2 Kim
8:00  HIIT S2 Angie	8:30  Aqua Fit Pool Jane	8:00  Group Power® S1 Karen
8:30  Cycle Cycle Studio Joy / 45 Min	9:45  Strength & Tone S1 Christina / 30 Min	8:00  HIIT Gym Shelly
9:30  Heart Smart S2 Yolanda	10:30  TRX® S2 Jessica	8:15  Zumba! Basics S2 Roxana / 45 Min
9:45  Stretch 101 Y1 Joy / 45 Min	4:30  TRX® S2 Roxana / 45 Min	8:30  Cycle Sculpt Cycle Studio Angie
10:30  Zumba! S1 Jessica	5:30  Cycle Cycle Studio Trish / 45 Min	9:30  Heart Smart S1 Joy
10:45  Stretch 101 Y1 Joy / 45 Min	5:30  Zumba! S1 Roxana	9:45  Stretch 101 Y1 Amy / 45 Min
4:30  Cycle Cycle Studio Roxana / 45 Min		10:30  Zumba! S1 Jessica
5:30  Group Power® S1 Kim		10:45  Stretch 101 Y1 Amy / 45 Min
		5:30  Group Power® S1 Roxana

CPR CLASS
JULY 16TH
12-3 P.M.

SUMMER
STUDENT/TEACHER
SPECIAL

THURSDAY	FRIDAY	SATURDAY
5:30 Group Power® S1 Lisa	5:45 Early Bird Cycle Cycle Studio Lisa / 45 Min	8:00 Cycle Cycle Studio Shelly / 45 Min
5:45 HIIT S2 Stacy	8:00 Group Power® S1 Roxana	8:30 Aqua Fit Pool Ducille/Vikki
8:30 Cycle Cycle Studio Joy / 45 Min	8:00 Step S2 Shelly	9:00 Group Power® S1 Staff
8:30 Aqua Fit Pool Stephanie	8:30 Cycle Cycle Studio Melissa / 45 Min	10:15 Zumba! S1 Staff
9:45 Strength & Tone S1 Joy / 30 Min	9:30 Heart Smart S2 Christina	SUNDAY
10:30 TRX® S2 Jessica	9:30 Stretch 101 Y1 Yolanda / 45 Min	
10:30 Zumba! Basics S1 Christina	10:30 Zumba! S1 Jessica	
5:30 Zumba! S1 Roxana		
5:30 Cycle Cycle Studio Paige / 45 Min		4:30 Cycle Cycle Studio George / 45 Min

**PLEASE RESPECT
OUR CLASS ETIQUETTE**

See front desk for details.

Non-members Fees

Drop in \$15 class or 10 classes for \$120
Classes are 60 minutes unless otherwise noted.

Hours

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

(912) 638.5600 theclubssi.com



CLOSED FOR 4TH OF JULY