









JULY YOGA SCHEDULE / ALSO ONLINE

monday	tuesday	wednesday
<p>6:30 Awakenings Yoga Level 1 Margie / 45 Min</p> 	<p>8:15 Open Flow Advanced Robin</p> 	<p>6:30 Awakenings Yoga Level 1 Anne C/Anne G/ 45 Min</p> 
<p>8:15 Hatha Yoga Multi-Level Julie</p> 	<p>10:00 Foundations Yoga Level 1 Karen</p> 	<p>8:15 Power Flow Advanced Robin</p> 
<p>9:30 Hot Yoga Advanced Tannis</p> 	<p>10:15 Hot Yoga Advanced Tannis / 75 Min</p> 	<p>9:30 Mat Pilates / S2 Multi-Level Yolanda / 45 Min</p> 
<p>9:30 Mat Pilates / S1 Multi-Level Jessica / 45 Min</p> 	<p>11:30 Yin Yoga Multi-Level Janita / 75 Min</p> 	<p>9:45 Stretch 101 Multi-Level Amy / 45 Min</p> 
<p>9:45 Stretch 101 Multi-Level Joy / 45 Min</p> 	<p>5:30 Power Flow Advanced Robin / 75 Min</p> 	<p>10:15 Hot Yoga Advanced Mandy / 75 Min</p> 
<p>10:45 Stretch 101 Multi-Level Joy / 45 Min</p> 	<p>5:45 Restorative / Hot Multi-Level Mandy</p> 	<p>10:45 Stretch 101 Multi-Level Amy / 45 Min</p> 
<p>4:00 Gentle Practice Yoga Level 1 Karen</p> 		<p>4:00 Gentle Practice Yoga Level 1 Janita</p> 
<p>5:30 Hot Yoga Multi-Level Lawanda / 75 Min</p> 		<p>5:30 Hot Yoga Advanced Hannah / 75 Min</p> 
<p>5:30 Mat Pilates / S2 Multi-Level Roxana / 45 Min</p> 		<p>5:30 Mat Pilates / S2 Multi-Level Patti / 45 Min</p> 
<p>6:00 Flow & Slow Yoga Multi-Level Anne G.</p> 		<p>6:00 Hatha Yoga Multi-Level Connie</p> 

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

**CRYSTAL
MEDITATION**
JULY 11 & 25, 3 P.M.

THERE IS A CLASS FOR EVERY YOGI

thursday	friday	saturday	
<p>6:30 Hot Yoga  Multi-Level Reanna / 45 Min</p>	<p>6:30 Awakenings Yoga  Level 1 Connie / 45 Min</p>	<p>8:45 Hot Yoga  Multi-level Susanne / 75 Min</p>	
<p>8:15 Open Flow  Advanced Robin</p>	<p>8:15 Hatha Yoga  Baptiste Flow Lawanda</p>	<p>9:00 Open Flow  Multi-Level / 75 Min Anne C / Lawanda</p>	
<p>10:00 Foundations Yoga  Level 1 Karen</p>	<p>9:30 Mat Pilates / S1  Multi-Level Melissa A / 45 Min</p>	<p>10:30 Hot Slow Flow Yoga  Multi-Level Hannah</p>	
<p>10:15 Hot Yoga  Advanced Tannis / 75 Min</p>	<p>9:30 Stretch 101  Multi-Level Yolanda / 45 Min</p>	<p>10:30 Prenatal Yoga / S2  \$15/Class Mandy</p>	
<p>11:30 HartYoga  Multi-Level John</p>	<p>10:15 Hot Yoga  Advanced Julie / 75 Min</p>	<p>11:00 Club Ashtanga  07.10, 07.17 Lindsey / Advanced</p>	
<p>4:30 Barre Fusion / S2  Advanced Jessica / 45 Min</p>	<p>10:30 Yin Yoga  Multi-Level April / 90 Min</p>	sunday	
<p>5:30 Hot Yoga  Advanced Tannis / 75 Min</p>		<p>8:45 Hot Yoga  Multi-Level Anne C./ 75 Min</p>	
<p>5:30 Aerial Restorative/Yin  Space Limited Julie</p>		<p>9:00 Open Flow  Multi-Level Susanne, Hannah, Julie</p>	
<p>6:30 Yin Yoga  Multi-Level Karen / 75 Min</p>		<p>3:00 Crystal Meditation  07.11, 07.25 Iman</p>	
		<p>4:30 Simply Sunday  Multi-Level Staff</p>	

**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.

***Prenatal Yoga is \$15/class. Sign in at front desk.**

(912) 638.5600 theclubssi.com



CLOSED FOR 4TH OF JULY