

JULY YOGA SCHEDULE *ALSO ONLINE

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
6:30 Awakenings Yoga Yoga 1/ Level 1 Martha/ 45 mins	8:00 Barre Studio 2 Angie/ 30 mins	6:30 Awakenings Yoga Yoga 1/ Level 1 Marcia/ 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 Yoga Yoga 1/ Multi-level Susanne/Allie	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	10:00 Open Flow Yoga 1/ Multi-level Anne C/ Alexa S./ 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 Shelly/ 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Stretch 101 Yoga 1/ Multi-level Yolanda/ 45 mins	<h2>SUNDAY</h2>
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 Susanne/ Allie/ 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 Tai Chi Yoga 1 Syrilla/ 45 mins	11:30 HartYoga Yoga 1/ Multi-level John H.	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	5:45 Restorative Yoga 2/ Multi-level Susanne	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		5:30 Hot Yoga Yoga 2/ Advanced Hannah/ 75 mins	5:30 Hot Yoga Yoga 2/ Advanced Jordan/ 75 mins	4:30 Simply Sunday** Yoga 1/ Multi-level Staff **Last Sunday of the month. Simply Sunday yoga with Lauren Prince featuring the music of Matt Williams!	
5:30 Mat Pilates Studio 2/ Multi-level Roxana/ 45 mins		5:30 Mat Pilates Studio 2/ Multi-level Jessica/ 45 mins	6:00 Yin Yoga Yoga 1/ Multi-level Anne G the 1st, 3rd, and 5th week of the month. / Anne C the 2nd and 4th week of the month/ 75 mins		
6:00 Yoga Yoga 1/ Multi-level Anne G.		6:00 Yoga Yoga 1/ Multi-level Connie			

Embodied Bliss Master Class
Yoga + Live Music
Saturday July 23rd, 3-5 p.m.

Join us with Gershone, Gina Minyard, and Marshall to elevate your body, mind, and spirit as we flow together in movement, music, and mantra.
\$25 Pre-registration and details at the front desk.

Come join us on the **First Thursday** of each month for a donation based **Sunrise Yoga**. This class will take place **6:30a.m.** on the deck of **Mellow Mushroom**.
 We hope to see you there!
 All proceeds go to the BARC Humane Society

*All classes are 60 min unless otherwise noted