

# JULY FULL ACCESS 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:45 Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	<b>5:45 Group Power</b> Studio 1 Karen	<b>5:45 Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	<b>5:45 Group Power</b> Studio 1 Kim	<b>5:45 Early Bird Cycle</b> Cycle Studio Kim/ Shelly 45 mins	<b>7:00 Basketball Open Play</b> Gym \$10 for non-members
<b>8:00 Group Power</b> Studio 1 Karen	<b>8:00 Barre</b> Studio 2 Angie/ 30 mins	<b>5:45 HIIT</b> Studio 2 Kim	<b>8:00 Barre</b> Studio 2 Angie/ 30 mins	<b>7:00 Pickleball Open Play</b> Gym \$10 for non-members	<b>8:00 Cycle</b> Cycle Studio Shelly/ 45 mins
<b>8:00 HIIT</b> Studio 2 Angie	<b>8:30 Cycle</b> Cycle Studio Tricia/ 45 mins	<b>8:00 Group Power</b> Studio 1 Karen	<b>8:30 Cycle</b> Cycle Studio Joy/ 45 mins	<b>8:00 Group Power</b> Studio 1 Roxana	<b>8:30 Aqua Fit</b> Pool Ducille/Vikki
<b>8:30 Cycle</b> Cycle Studio Tricia/ 45 mins	<b>8:30 Aqua Fit</b> Pool Jane	<b>8:00 HIIT</b> Gym Shelly	<b>8:30 Aqua Fit</b> Pool Stephanie	<b>8:30 Cycle</b> Cycle Studio George/ 45 mins	<b>9:00 Group Power</b> Studio 1 Staff
<b>9:15 Heart Smart</b> Studio 2 Jenna	<b>8:30 Step</b> Studio 1 Shelley	<b>8:15 Zumba! Basics</b> Studio 2 Roxana/ 45 mins	<b>9:30 Deep Water</b> Pool Stephanie	<b>9:15 Heart Smart</b> Studio 2 Jenna	<b>10:15 Zumba!</b> Studio 1 Staff
<b>9:30 Stretch 101</b> Yoga 1 Joy/ 45 mins	<b>9:30 Deep Water</b> Pool Jane	<b>8:30 Cycle</b> Cycle Studio Angie	<b>9:30 Strength &amp; Tone</b> Studio 1 Joy/ 45 mins	<b>9:30 Stretch 101</b> Yoga 1 Yolanda/ 45 mins	
<b>10:30 Zumba!</b> Studio 1 Jessica	<b>9:30 Strength &amp; Tone</b> Studio 1 Yolanda/ 45 mins	<b>9:15 Heart Smart</b> Studio 1 Shelly	<b>10:30 TRX</b> Studio 2 Jessica	<b>10:30 Zumba!</b> Studio 1	
<b>5:00 Basketball Open Play</b> Gym \$10 for non-members	<b>10:30 TRX</b> Studio 2 Jessica	<b>9:30 Stretch 101</b> Yoga 1 Angie/ 45 mins	<b>11:30 Pickleball Open Play</b> Gym \$10 for non-members		
<b>5:30 Group Power</b> Studio 1 Kim	<b>11:30 Pickleball Open Play</b> Gym \$10 for non-members	<b>10:30 Zumba!</b> Studio 1 Jessica	<b>1:00 Parkinson's</b> Adaptive Fitness Studio 1		
	<b>1:00 Parkinson's</b> Adaptive Fitness Studio 1	<b>5:00 Pickleball Open Play</b> Gym \$10 for non-members	<b>5:30 Zumba!</b> Studio 1 Roxana		
	<b>4:30 TRX</b> Studio 2 Roxana/ 45 mins	<b>5:30 Group Power</b> Studio 1 Roxana			
	<b>5:30 Zumba!</b> Studio 1 Roxana				

\*All classes are 60 min unless otherwise noted



Infrared saunas are great for just about everyone but are especially beneficial for anyone working to balance their hormones or those with an autoimmune disease.

- Magdalena Wszelaki  
@hormonebalance

