

JULY YOGA 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
6:30 Awakenings Yoga Yoga 1 Alice/ 45 mins	8:15 Open Flow Yoga 1/ Multi-level Robin	6:30 Awakenings Yoga Yoga 1 Michelle / 45 mins	6:30 Hot Yoga Yoga 2 / Multi-Level Jonny/ 45 mins	6:30 Awakenings Yoga Yoga 1 Connie/ 45 mins	9:00 Hot Yoga Yoga 2/ Multi-level Susanne/ 75 mins
8:15 Morning Restore Yoga 1/ Multi-level Susanne	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	8:15 Power Flow Yoga 1/ Advanced Robin	8:15 Open Flow Yoga 1/ Multi-level Robin	8:15 Vinyasa Flow Yoga 1/ Multi-level Tannis	10:15 Yoga Yoga 1/ Multi-level Shannon
9:30 Hot Yoga Yoga 2/ Advanced Shannon	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Hot Baptiste Yoga 2/ Multi-level Dorothy / 75 mins	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Pilates Fusion Studio 1/ Multi-level Joy/ 45 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Hannah
9:30 Pilates Fusion Studio 1/ Multi-level Jessica/ 45 mins	10:30 Chair Yoga Studio 1/ Multi-level Angie H.	9:30 Pilates Fusion Studio 2/ Multi-level Yolanda / 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Stretch 101 Yoga 1/ Multi-level Yolanda/ 45 mins	1:00 Hot 26 Temps expected to reach 105°F Yoga 2/ Multi-level Staton/ 90mins
9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	11:00 *Hot Pilates* Yoga 2 Robin H./ 45 mins	9:30 Stretch 101 Yoga 1/ Multi-level Jenna / 45 mins	10:30 Barre Studio 1 Anna/ 45 mins	9:30 Hot Baptiste Yoga 2/ Advanced Lawanda/ 75 mins	SUNDAY
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	11:30 Yin Yoga Yoga 1/ Multi-level Janita / 75 mins	1:00 Chair Yoga Studio 1/ Multi-level Nan / Joanne	4:30 Barre Fusion Studio 2/ Multi-level Roxana/ 45 mins	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins	5:15 Hot Yoga Yoga 2/ Multi-Level Robin	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	5:30 Hot 26 Temps expected to reach 105°F Yoga 2/ Multi-level Jordan/ 75mins	5:15 Hot Yoga Yoga 2/ Multi-level Rebecca	8:30 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins
5:30 Pilates Fusion Studio 2/ Multi-level Roxana/ 45 mins	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	4:00 Beginners' Pilates Studio 2/ Multi-level Robin H.	5:30 Restorative + Yin Yoga 1/ Multi-level / 75mins Dorothy		10:30 Hot Slow Flow Yoga 2/ Multi-level Rotation
6:00 Yoga Yoga 1/ Multi-level Lisa		5:30 Hot Yoga Yoga 2/ Advanced Jonny / Lauralyn / Martha			4:30 Simply Sunday** Yoga 1/ Multi-level Staff
		5:30 Traditional Pilates Studio 2/ Multi-level Robin H.			
		6:00 Yoga Yoga 1/ Multi-level Connie			

THE Clouds YOGA CENTER

SOUND BATH & Guided Meditation

Come experience a guided meditation and sound bath with Kimberly, as she takes you through a journey of sound using soothing frequencies and intentional vibration.

BENEFITS MAY INCLUDE:

- Reduced Stress
- Improved Sleep
- Mental Clarity
- Renewed Sense of Inner Peace

Meet Kimberly
 Kimberly is a sound therapist, intuitive reader, and crystal practitioner with over a decade of study in subtle energy work. Holding space for healing, insight, and energetic harmony.
 You can find her at The Club serving the members at the front desk.

SUNDAY, JUNE 28, 2026
SUNDAY, JULY 26, 2026
SUNDAY, AUGUST 30, 2026

2:00 P.M. – 3:00 P.M.

PRE-REGISTRATION REQUIRED **\$35** **SPACE IS LIMITED. Sign up today!** **SEE FRONT DESK FOR DETAILS.**

THE CLUB 2929 DEMERE ROAD • ST. SIMONS ISLAND • (912) 638.5600

*All classes are 60 min unless otherwise noted