

JUNE 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

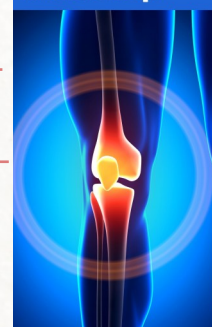
\$25 non-member drop in rate

THE

CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins	5:45 TBC Gym Chris	5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins	5:45 TBC Gym Chris	5:45 Early Bird Cycle Cycle Studio Kim/ Shelly 45 mins	7:00 Basketball Open Play Gym \$10 for non-members
8:00 Group Power Studio 1 Karen	5:45 Group Power Studio 1 Karen	5:45 HIIT Studio 2 Kim	5:45 Group Power Studio 1 Kim	7:00 Pickleball Open Play Gym \$10 for non-members	8:00 Cycle Cycle Studio Shelly/ 45 mins
8:00 HIIT Studio 2 Kim	7:30 Barre Studio 2 Angie/ 45 mins	8:00 Group Power Studio 1 Karen	7:30 Barre Studio 2 Angie/ 45 mins	8:00 Group Power Studio 1 Roxana	8:30 Aqua Fit Pool Rotatopn
8:30 Cycle Cycle Studio Roxana 45 mins	8:30 Cycle Cycle Studio Tricia / 45 mins	8:00 HIIT Gym Shelly	8:30 Cycle Cycle Studio Joy/ 45 mins	8:15 Step Studio 2 Shelley	9:00 Group Power Studio 1 Staff
9:15 Heart Smart Studio 2 Yolanda	8:30 Aqua Fit Pool Jane	8:15 Zumba! Basics Studio 2 Roxana/ 45 mins	8:30 Aqua Fit Pool Stephanie	8:30 Cycle Cycle Studio Tricia / 45 mins	10:15 Zumba! Studio 1 Staff
9:30 Stretch 101 Yoga 1 Joy/ 45 mins	9:30 Deep Water Pool Jane	8:30 Cycle Cycle Studio Pat	9:30 Deep Water Pool Stephanie	9:15 Heart Smart Studio 2 Jenna	SUNDAY 3:00 Pickleball Open Play Gym \$10 for non-members
10:30 Zumba! Studio 1 Jessica	9:30 Strength & Tone Studio 1 Yolanda/ 45 mins	9:15 Heart Smart Studio 1 Anna	9:30 Strength & Tone Studio 1 Joy/ 45 mins	9:30 Stretch 101 Yoga 1 Yolanda/ 45 mins	
1:15 Lunch Break Burn Studio 1 Jessica / 45min	10:30 TRX Studio 2 Jessica	9:30 Stretch 101 Yoga 1 Jenna/ 45 mins	10:30 TRX Studio 2 Jessica	10:30 Zumba! Studio 1 Jessica	
5:00 Basketball Open Play Gym \$10 for non-members	11:30 Pickleball Open Play Gym \$10 for non-members	10:30 Zumba! Studio 1 Jessica	10:30 Barre Studio 1 Anna/ 45 mins	1:15 Lunch Break Burn Studio 1 Jessica / 45min	
5:30 Group Power Studio 1 Kim	1:00 Parkinson's Adaptive Fitness Studio 1	1:15 Lunch Break Burn Studio 1 Jessica / 45min	11:30 Pickleball Open Play Gym \$10 for non-members		
	4:30 TRX Studio 2 Roxana/ 45 mins	5:00 Pickleball Open Play Gym \$10 for non-members	1:00 Parkinson's Adaptive Fitness Studio 1		
	5:00 Basketball Open Play Gym \$10 for non-members	5:30 Group Power Studio 1 Roxana	5:30 Zumba! Studio 1 Roxana		
	5:30 Zumba! Studio 1 Roxana	7:00 Basketball Open Play Gym \$10 for non-members	5:30 Futsal! w/ giasoccer.com Gymnasium		

Knee Mobility Workshop



Preserve Your Knees!

Join us for a specialized Knee Mobility Workshop led by a licensed physical therapist, designed to help you move better, feel stronger, and prevent injury. Whether you're recovering from knee pain, dealing with stiffness, or looking to improve your athletic performance, this hands-on session will teach you effective mobility drills, strengthening exercises, and movement strategies tailored to support long-term knee health. Perfect for athletes, active individuals, and anyone wanting to move with confidence—don't miss this opportunity to give your knees the care they deserve!



Friday, June 20 10:30 a.m. - 11:45 a.m.

PRE-REGISTRATION REQUIRED

\$45

Space is LIMITED. Sign up today!

See front desk for details.

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



*All classes are 60 min unless otherwise noted