

# JUNE 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](http://www.theclubssi.com)

\$25 non-member drop in rate



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:30 Awakenings Yoga</b> Yoga 1 Alice/ 45 mins	<b>7:30 Barre</b> Studio 2 Angie/ 45 mins	<b>6:30 Awakenings Yoga</b> Yoga 1 Michelle / 45 mins	<b>6:30 Hot Yoga</b> Yoga 2 / Multi-Level Jonny/ 45 mins	<b>6:30 Awakenings Yoga</b> Yoga 1 Connie/ 45 mins	<b>9:00 Hot Yoga</b> Yoga 2/ Multi-level Susanne/ 75 mins
<b>8:15 Morning Restore</b> Yoga 1/ Multi-level Susanne	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<b>8:15 Power Flow</b> Yoga 1/ Advanced Robin	<b>7:30 Barre</b> Studio 2 Angie/ 45 mins	<b>8:15 Vinyasa Flow</b> Yoga 1/ Multi-level Tannis	<b>10:15 Yoga</b> Yoga 1/ Multi-level Shannon
<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Shannon	<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>9:30 Hot Slow Power</b> Yoga 2/ Multi-level Dorothy / 75 mins	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<b>9:30 Mat Pilates</b> Studio 1/ Multi-level Joy/ 45 mins	<b>10:30 Hot Slow Flow</b> Yoga 2/ Multi-level Hannah
<b>9:30 Pilates Fusion</b> Studio 1/ Multi-level Jessica/ 45 mins	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<b>9:30 Mat Pilates</b> Studio 2/ Multi-level Yolanda / 45 mins	<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Yolanda/ 45 mins	<b>SUNDAY</b>
<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Joy/ 45 mins	<b>10:30 Chair Yoga</b> Studio 1/ Multi-level Angie H.	<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Jenna / 45 mins	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<b>9:30 Hot Baptiste</b> Yoga 2/ Advanced Lawanda/ 75 mins	
<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 John H.	<b>11:00 *Hot Pilates*</b> Yoga 2 Staff/ 45 mins	<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 Janita	<b>10:30 Barre</b> Studio 1 Anna/ 45 mins	<b>10:30 Yin Yoga</b> Yoga 1/ Multi-level April/ 90 mins	
<b>5:30 Hot Yoga</b> Yoga 2/ Multi-level Lawanda/ 75 mins	<b>11:30 Yin Yoga</b> Yoga 1/ Multi-level Janita / 75 mins	<b>5:30 Hot Yoga</b> Yoga 2/ Advanced Jonny/Jordan / 75 mins	<b>11:30 Yin +Yoga Nidra</b> Yoga 1/ Multi-level Dorothy/ 75mins	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-level Hannah	
<b>5:30 Pilates Fusion</b> Studio 2/ Multi-level Roxana/ 45 mins	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-Level Robin	<b>5:30 Traditional Pilates</b> Studio 2/ Multi-level Robin	<b>4:30 Barre Fusion</b> Studio 2/ Advanced Jess/ Roxana/ 45 mins		
<b>6:00 Yoga</b> Yoga 1/ Multi-level Hannah	<b>5:30 Restorative</b> Yoga 1/ Multi-level Susanne / 75 mins	<b>6:00 Yoga</b> Yoga 1/ Multi-level Connie	<b>5:30 Hot Yoga</b> Yoga 2/ Multi-level Jordan		

\*All classes are 60 min unless otherwise noted

## ACTIVE BREATHWORK W/ JORDAN BRACKETT

Sunday, June 8, 2025  
10 a.m. - 11 a.m.

Active Breathwork is an intentional, cyclical, 3-part, rhythmic breathing technique designed to promote nervous system regulation, mental clarity, and an overall sense of well-being. Through controlled breathing patterns, participants engage their respiratory system in a way that helps to move energy, release stress, and unlock emotional blockages. This dynamic practice is done in a relaxed, supported resting position, making it accessible to all healthy individuals.

There will be space for intention setting, active breathwork, deep restorative rest, and sharing. Come as you are.

All-levels offering. Space is limited.  
Call 912-638-5600 or email [info@theclubssi.com](mailto:info@theclubssi.com) to register!  
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## Floating Sound Bath With Dr. Iman Ali

Drift into your Zen with a floating Sun & Sound Bath, a relaxing, immersive meditation experience at The Clouds.

Sunday, June 8, 2025  
2 p.m. - 3 p.m.

**PRE-REGISTRATION REQUIRED.**  
\$35 members and non members  
**Sign up today!**

See front desk for details.

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