

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
 \$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
7:30 Hot Yoga <i>Temps expected to reach 105°F</i> Yoga 2/ Multi-level Staton	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
8:15 Morning Restore Yoga 1/ Multi-level Susanne	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 Hot Yoga Yoga 2/ Advanced Shannon	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	SUNDAY
9:30 Pilates Fusion Studio 1/ Multi-level Jessica/ 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	8:30 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins
9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita / 75 mins	10:30 Stretch 101 Yoga 1/ Multi-level Jenna / 45 mins	4:30 Barre Fusion Studio 2/ Multi-level Roxana/ 45 mins	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Rotation
10:30 Stretch 101 Yoga 1/ Multi-level Robin H./ 45 mins	5:15 Hot Yoga Yoga 2/ Multi-Level Robin	1:00 Chair Yoga Studio 1/ Multi-level Nan / Joanne	5:30 Hot 26 <i>Temps expected to reach 105°F</i> Yoga 2/ Multi-level Jordan/ 75mins	5:15 Hot Yoga Yoga 2/ Multi-level Rebecca	4:30 Simply Sunday** Yoga 1/ Multi-level Staff
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	5:30 Restorative + Yin Yoga 1/ Multi-level / 75mins Dorothy/ Susanne		
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins		4:00 Beginners' Pilates Studio 2/ Multi-level Robin H.			
5:30 Pilates Fusion Studio 2/ Multi-level Roxana/ 45 mins		5:30 Hot Yoga Yoga 2/ Advanced Jonny / Lauralyn / Martha			
6:00 Yoga Yoga 1/ Multi-level Lisa		5:30 Traditional Pilates Studio 2/ Multi-level Robin H.			
		6:00 Yoga Yoga 1/ Multi-level Connie			

*All classes are 60 min unless otherwise noted

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.**

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