

# MARCH YOGA SCHEDULE \*ALSO ONLINE

**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>6:30 Awakenings Yoga</b> Yoga 1 Alice/ 45 mins	<b>6:30 Hot Yoga</b> Yoga 2/ Multi-level Catherine	<b>6:30 Awakenings Yoga</b> Yoga 1 Martha / 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>8:30 Open Flow</b> Yoga 1/ Multi-level Anne C/ Ali/ 75 mins
<b>8:15 Yoga</b> Yoga 1/ Multi-level Ali	<b>8:00 Barre</b> Studio 2 Angie/ 30 mins	<b>8:15 Power Flow</b> Yoga 1/ Advanced Robin	<b>8:00 Barre</b> Studio 2 Angie/ 30 mins	<b>8:15 Baptiste Flow</b> Yoga 1/ Intermediate Lawanda	<b>9:00 Hot Yoga</b> Yoga 2/ Multi-level Susanne/ 75 mins
<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<b>9:30 Mat Pilates</b> Studio 2/ Multi-level Yolanda/ 45 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 Mat Pilates</b> Studio 1/ Multi-level Jessica/ 45 mins	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Shelly/ 45 mins	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<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>10:15 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>10:15 Hot Yoga</b> Yoga 2/ Advanced Mandy/ 75 mins	<b>10:15 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>10:15 Hot Yoga</b> Yoga 2/ Advanced Ali/ 75 mins	
<b>10:30 Stretch 101</b> Yoga 1/ Multi-level Joy/ 45 mins	<b>11:30 Yin Yoga</b> Yoga 1/ Multi-level Janita/ 75 mins	<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 Janita	<b>11:30 HartYoga</b> Yoga 1/ Multi-level John H.	<b>10:30 Yin Yoga</b> Yoga 1/ Multi-level April/ 90 mins	
<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 John H.	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-Level Robin	<b>5:30 Hot Yoga</b> Yoga 2/ Advanced Anne C/ 75 mins	<b>4:30 Barre Fusion</b> Studio 2/ Advanced Jessica/ 45 mins	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-level Ali	
<b>5:30 Hot Yoga</b> Yoga 2/ Multi-level Lawanda/ 75 mins	<b>5:30 Restorative</b> Yoga 1/ Multi-level Susanne / 75 mins	<b>5:30 Mat Pilates</b> Studio 2/ Multi-level Jessica/ 45 mins	<b>5:30 Hot Yoga</b> Yoga 2/ Advanced Jordan/ 75 mins	<b>6:00 Yin Yoga</b> Yoga 1/ Multi-level Martha / 90 mins	
<b>5:30 Mat Pilates</b> Studio 2/ Multi-level Roxana/ 45 mins		<b>6:00 Yoga</b> Yoga 1/ Multi-level Connie			
<b>6:00 Yoga</b> Yoga 1/ Multi-level Anne G.					

**8:30 Hot Yoga**  
Yoga 2/ Multi-level  
Anne C/ 75 mins

**10:30 Hot Slow Flow**  
Yoga 2/ Multi-level  
Susanne/ Hannah/ Julie

**4:30 Simply Sunday\*\***  
Yoga 1/ Multi-level  
Staff  
\*\*Last Sunday of the month is taught  
by **Lauren Prince** featuring  
LIVE MUSIC!

**THE Clouds YOGA CENTER**

**PRENATAL YOGA 8 WEEK SERIES**  
Hosted by April McEwen

Series Dates:  
January 28  
February 4, 11, 18, 25  
March 4, 11, 25  
Class Times:  
5p.m.-6p.m

\$120 members and non members OR \$20 per class.  
See front desk for details.  
2929 Demere Road, SSI GA 31522

\*All classes are 60 min unless otherwise noted