

# MARCH FULL ACCESS 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
<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 Hot Yoga</b> Yoga 2/ Advanced Julie	<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 Tannis	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<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 Mat Pilates</b> Studio 1/ Multi-level Jessica/ 45 mins	<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<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>9:30 Stretch 101</b> Yoga 1/ Multi-level Joy/ 45 mins	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John 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>8:30 Hot Yoga</b> Yoga 2/ Multi-level Anne C/ 75 mins
<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 John H.	<b>11:00 *Hot Pilates*</b> Yoga 2 Julie/ 45 mins	<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 Janita	<b>11:30 Yin +Yoga Nidra</b> Yoga 1/ Multi-level Dorothy/ 75mins	<b>10:30 Yin Yoga</b> Yoga 1/ Multi-level April/ 90 mins	<b>10:30 Hot Slow Flow</b> Yoga 2/ Multi-level Rotation
<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 Tannis/ 75 mins	<b>4:30 Barre Fusion</b> Studio 2/ Advanced Jess/ Roxana/ 45 mins	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-level Hannah	<b>4:30 Simply Sunday**</b> Yoga 1/ Multi-level Staff
<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>5:30 Hot Yoga</b> Yoga 2/ Multi-level Jordan		
<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			

## SUNDAY

**Musgrove Retreat**  
Yoga and Meditation Under The Oaks

Saturday, March 15, 2025  
9 a.m. - 6 p.m.

**MARCH 8 PRE-REGISTRATION DEADLINE**  
\$200 (Includes all sessions, live music, reiki/massage and tuning fork therapies, catered lunch and swag bag)  
Sign up today!  
Call 912. 638.5600 or email info@theclubssi.com to register!

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



Immerse yourself in a day of yoga, meditation, live music, and healing therapies set amidst the serene beauty of Musgrove Estate. Choose from a variety of enriching sessions, all guided by experienced instructors and accompanied by soulful live music. This special retreat supports Memory Matters Glynn, an organization dedicated to enhancing the lives of individuals affected by memory loss. Lunch catered by The Market at Sea Island.

Guided yoga and meditation sessions • Live musical performances • Singing bowl and gong meditation  
Forest bathing & chakra exploration

\*All classes are 60 min unless otherwise noted