

MARCH 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

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	8:30 Cycle Cycle Studio Tricia / 45 mins	8:00 Group Power Studio 1 Karen	8:30 Cycle Cycle Studio Joy/ 45 mins	8:00 Group Power Studio 1 Roxana	8:30 Aqua Fit Pool Rotation
8:30 Cycle Cycle Studio Roxana 45 mins	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 Staff / 45 mins	9:00 Step Studio 2 Shelly
9:15 Heart Smart Studio 2 Yolanda	9:30 Deep Water Pool Jane	8:30 Cycle Cycle Studio Tasha	9:30 Deep Water Pool Stephanie	9:15 Heart Smart Studio 2 Jenna	9:00 Group Power Studio 1 Staff
9:30 Stretch 101 Yoga 1 Joy/ 45 mins	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	10:15 Zumba! Studio 1 Staff
10:30 Stretch 101 Yoga 1 Robin H./ 45 mins	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	SUNDAY
10:30 Zumba! Studio 1 Jessica	1:00 Parkinson's Adaptive Fitness Studio 1	10:30 Stretch 101 Yoga 1 Jenna/ 45 mins	10:30 Barre Studio 1 Anna/ 45 mins	5:30 Futsal! w/giasoccer.com Gymnasium	
5:30 Group Power Studio 1 Kim	4:30 TRX Studio 2 Roxana/ 45 mins	10:30 Zumba! Studio 1 Jessica / Anna	4:30 Barre Fusion Studio 2 / Advanced Jess / Roxana 45mins		3:00 Pickleball Open Play Gym \$10 for non-members
7:00 Basketball Open Play Gym \$10 for non-members	5:30 Zumba! Studio 1 Roxana	1:00 Parkinson's Chair Fitness Studio 1	5:30 Zumba! Studio 1 Roxana		
	5:30 Strength Club Studio 2 Amy K.	5:00 Pickleball Open Play Gym \$10 for non-members	5:30 Strength Club Studio 2 Amy K.		
		5:30 Group Power Studio 1 Roxana	6:45 PM PUMP Cycle Cycle Studio Tasha		

*All classes are 60 min unless otherwise noted

**Parkinson's Adaptive Fitness Class is every Tuesday and Thursday at 1:00

New Class Alert

PM PUMP!

Thursdays
6:45 p.m.

with Tasha

PM Pump Cycle:
Thursday Night Party Ride

Turn your Thursday night into a high energy escape. PM Pump Cycle is a party-ride style class built around big energy playlists, rhythm based intervals, and a fun, modern. Expect a sweat-dripping mix of climbs, sprints, and beat-driven pushes designed to challenge your body and lift your mood. Come for the music, stay for the endorphins—then roll out feeling recharged and ready to level up your week.