

# MARCH 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	SUNDAY
<b>6:30 Awakenings Yoga</b> Yoga 1 Alice/ 45 mins	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<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>7:30 Hot Yoga</b> <i>Temps expected to reach 105°F</i> Yoga 2/ Multi-level Staton	<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>8:15 Power Flow</b> Yoga 1/ Advanced Robin	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<b>8:15 Vinyasa Flow</b> Yoga 1/ Multi-level Tannis	<b>10:15 Yoga</b> Yoga 1/ Multi-level Shannon	
<b>8:15 Morning Restore</b> Yoga 1/ Multi-level Susanne	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<b>9:30 Hot Baptiste</b> Yoga 2/ Multi-level Dorothy / 75 mins	<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<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 Hot Yoga</b> Yoga 2/ Advanced Shannon	<b>10:30 Chair Yoga</b> Studio 1/ Multi-level Angie H.	<b>9:30 Mat Pilates</b> Studio 2/ Multi-level Yolanda / 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>9:30 Pilates Fusion</b> Studio 1/ Multi-level Jessica/ 45 mins	<b>11:00 *Hot Pilates*</b> Yoga 2 Robin H./ 45 mins	<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Jenna / 45 mins	<b>10:30 Barre</b> Studio 1 Anna/ 45 mins	<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>9:30 Stretch 101</b> Yoga 1/ Multi-level Joy/ 45 mins	<b>11:30 Yin Yoga</b> Yoga 1/ Multi-level Janita / 75 mins	<b>10:30 Stretch 101</b> Yoga 1/ Multi-level Jenna / 45 mins	<b>4:30 Barre Fusion</b> Studio 2/ Advanced Jess/ Roxana/ 45 mins	<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>10:30 Stretch 101</b> Yoga 1/ Multi-level Robin H./ 45 mins	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-Level Robin	<b>1:00 Chair Yoga</b> Studio 1/ Multi-level Nan / Joanne	<b>5:30 Hot 26</b> <i>Temps expected to reach 105°F</i> Yoga 2/ Multi-level Kristin/ Martha/ 75mins	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-level Rebecca	<b>4:30 Simply Sunday**</b> Yoga 1/ Multi-level Staff	
<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 John H.	<b>5:30 Restorative</b> Yoga 1/ Multi-level Susanne / 75 mins	<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 Janita	<b>5:30 Restorative + Yin</b> Yoga 1/ Multi-level / 75mins Dorothy/ Susanne			
<b>5:30 Hot Yoga</b> Yoga 2/ Multi-level Lawanda/ 75 mins		<b>4:00 Beginners' Pilates</b> Studio 2/ Multi-level Robin H.				
<b>5:30 Pilates Fusion</b> Studio 2/ Multi-level Roxana/ 45 mins		<b>5:30 Hot Yoga</b> Yoga 2/ Advanced Jonny / Lauralyn / Martha				
<b>6:00 Yoga</b> Yoga 1/ Multi-level Lisa		<b>5:30 Traditional Pilates</b> Studio 2/ Multi-level Robin H.				
		<b>6:00 Yoga</b> Yoga 1/ Multi-level Connie				

**LEVITATE**

**Aerial Sound Bath**  
With Dr. Iman Ali

**Sunday, March 8, 2026**  
2 p.m. - 3 p.m.

*"As you float gently in your hammock, immerse yourself in calming melodies and resonant tones that promote relaxation and inner peace."*

\*All classes are 60 min unless otherwise noted