

MAY FITNESS 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



Members Only Night! May 19th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins	5:30 Group Power Studio 1 Karen	5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins	5:30 Group Power Studio 1 Karen	5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins	8:00 Cycle Cycle Studio Shelly/ 45 mins
8:00 Group Power Studio 1 Karen	8:00 Barre Studio 2 Angie/ 30 mins	5:45 HIIT Studio 2 Kim	5:45 HITT Studio 2 Kim	8:00 Group Power Studio 1 Roxana	8:30 Aqua Fit Pool Ducille/Vikki
8:00 HIIT Studio 2 Angie	8:30 Cycle Cycle Studio Shelly/ 45 mins	8:00 Group Power Studio 1 Karen	8:00 Barre Studio 2 Angie/ 30 mins	8:00 Step Studio 2 Shelly	9:00 Group Power Studio 1 Staff
8:30 Cycle Cycle Studio Joy/ 45 mins	8:30 Aqua Fit Pool Jane	8:00 HIIT Gym Shelly	8:30 Cycle Cycle Studio Joy/ 45 mins	8:30 Cycle Cycle Studio George/ 45 mins	10:15 Zumba! Studio 1 Staff
9:15 Heart Smart Studio 2 Yolanda	9:30 Deep Water Pool Jane	8:15 Zumba! Basics Studio 2 Roxana/ 45 mins	8:30 Aqua Fit Pool Stephanie	9:15 Heart Smart Studio 2 Shelly	
9:30 Stretch 101 Yoga 1 Joy/ 45 mins	9:45 Strength & Tone Studio 1 Yolanda/ 30 mins	8:30 Cycle Cycle Studio Angie	8:45 Tai Chi Studio 2 Syrilla/ 45 mins	9:30 Stretch 101 Yoga 1 Yolanda/ 45 mins	
10:30 Zumba! Studio 1 Jessica	10:30 TRX Studio 2 Jessica	9:15 Heart Smart Studio 1 Joy	9:30 Deep Water Pool Stephanie	10:30 Zumba! Studio 1 Jessica	
10:30 Stretch 101 Yoga 1 Joy/ 45 mins	4:30 TRX Studio 2 Roxana/ 45 mins	9:30 Stretch 101 Yoga 1 Shelly/ 45 mins	9:45 Strength & Tone Studio 1 Joy/ 30 mins		
4:30 Cycle Cycle Studio Roxana/ 45 mins	5:30 Cycle Cycle Studio Amy/ 45 mins	10:30 Zumba! Studio 1 Jessica	10:30 TRX Studio 2 Jessica		
5:30 Group Power Studio 1 Kim	5:30 Zumba! Studio 1 Roxana	10:30 Stretch 101 Yoga 1 Diana/ 45 mins	10:30 Zumba! Basics Studio 1 Yolanda		
		5:30 Group Power Studio 1 Roxana	5:30 Zumba! Studio 1 Roxana		
			5:30 Cycle Cycle Studio Paige/ 45 mins		

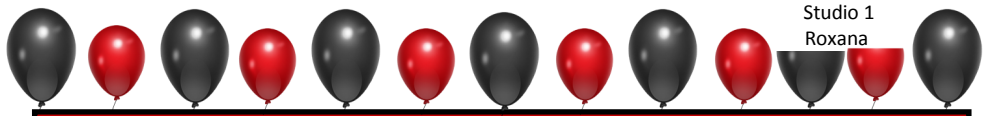
New Class Starting May 12!



Member Appreciation Week!

May 16th— May 20th

We want to thank all of our members for being a **part of our family!**
 Be prepared for **challenges, give aways,** and **unlimited guest passes!***
 We can't wait to celebrate **you!**
 *Please see the front desk for details.



Save the Date!
 Join us for a **Member Only Appreciation Night** Thursday, May 19th!

*All classes are 60 min unless otherwise noted