

# MAY 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



## Members Only Night!

### May 19th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30 Awakenings Yoga</b> Yoga 1/ Level 1 Martha/ 45 mins	<b>8:00 Barre</b> Studio 2 Angie/ 30 mins	<b>6:30 Awakenings Yoga</b> Yoga 1/ Level 1 Anne C/ 45 mins	<b>6:30 Hot Yoga</b> Yoga 2/ Multi-level Jonny/ 45 mins	<b>6:30 Awakenings Yoga</b> Yoga 1/ Level 1 Connie/ 45 mins	<b>8:45 Hot Yoga</b> Yoga 2/ Multi-level Susanne/ 75 mins
<b>8:15 Hatha Yoga</b> Yoga 1/ Multi-level Julie	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<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 Open Flow</b> Yoga 1/ Multi-level Anne C/ Alexa S./ 75 mins
<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<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>10:15 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Shelly/ 45 mins	<b>8:45 Tai Chi</b> Studio 2 Syrilla/ 45 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>11:30 Yin Yoga</b> Yoga 1/ Multi-level Janita/ 75 mins	<b>10:15 Hot Yoga</b> Yoga 2/ Advanced Mandy/ 75 mins	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<b>10:15 Hot Yoga</b> Yoga 2/ Advanced Julie/ 75 mins	
<b>10:30 Stretch 101</b> Yoga 1/ Multi-level Joy/ 45 mins	<b>5:30 Power Flow</b> Yoga 1/ Advanced Robin/ 75 mins	<b>10:30 Stretch 101</b> Yoga 1/ Multi-level Diana/ 45 mins	<b>10:15 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<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>5:45 Restorative</b> Yoga 2/ Multi-level Susanne	<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 Janita	<b>11:30 HartYoga</b> Yoga 1/ Multi-level John H.		
<b>5:30 Hot Yoga</b> Yoga 2/ Multi-level Lawanda/ 75 mins		<b>5:30 Hot Yoga</b> Yoga 2/ Advanced Hannah/ 75 mins	<b>4:30 Barre Fusion</b> Studio 2/ Advanced Jessica/ 45 mins		
<b>5:30 Mat Pilates</b> Studio 2/ Multi-level Roxana/ 45 mins		<b>5:30 Mat Pilates</b> Studio 2/ Multi-level Jessica/ 45 mins	<b>5:30 Aerial Restorative/Yin</b> Studio 2/ Space limited Julie		
<b>6:00 Yoga</b> Yoga 1/ Multi-level Anne G.		<b>6:00 Yoga</b> Yoga 1/ Multi-level Connie	<b>5:30 Hot Yoga</b> Yoga 2/ Advanced Jordan/ 75 mins		
			<b>6:00 Yin Yoga</b> Yoga 1/ Multi-level Staff/ 75 mins		

*New Class Starting May 12th!*

## SUNDAY

**8:45 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

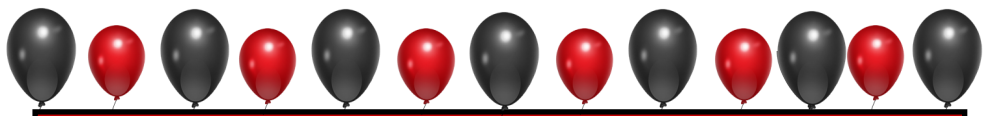
\*\*Last Sunday of the month. Simply Sunday yoga with **Lauren Prince** featuring the music of **Matt Williams!**

## 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