

# MAY 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](http://www.theclubssi.com)

\$25 non-member drop in rate

THE

CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 <b>Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	5:45 <b>TBC</b> Gym Chris	5:45 <b>Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	5:45 <b>TBC</b> Gym Chris	5:45 <b>Early Bird Cycle</b> Cycle Studio Kim/ Shelly 45 mins	7:00 <b>Basketball Open Play</b> Gym \$10 for non-members
8:00 <b>Group Power</b> Studio 1 Karen	5:45 <b>Group Power</b> Studio 1 Karen	5:45 <b>HIIT</b> Studio 2 Kim	5:45 <b>Group Power</b> Studio 1 Kim	7:00 <b>Pickleball Open Play</b> Gym \$10 for non-members	8:00 <b>Cycle</b> Cycle Studio Shelly/ 45 mins
8:00 <b>HIIT</b> Studio 2 Kim	7:30 <b>Barre</b> Studio 2 Angie/ 45 mins	8:00 <b>Group Power</b> Studio 1 Karen	7:30 <b>Barre</b> Studio 2 Angie/ 45 mins	8:00 <b>Group Power</b> Studio 1 Roxana	8:30 <b>Aqua Fit</b> Pool Rotatopn
8:30 <b>Cycle</b> Cycle Studio Shelly/Roxana 45 mins	8:30 <b>Cycle</b> Cycle Studio Tricia / 45 mins	8:00 <b>HIIT</b> Gym Tasha	8:30 <b>Cycle</b> Cycle Studio Joy/ 45 mins	8:30 <b>Cycle</b> Cycle Studio Tricia / 45 mins	9:00 <b>Step</b> Studio 2 Shelley
9:15 <b>Heart Smart</b> Studio 2 Yolanda	8:30 <b>Aqua Fit</b> Pool Jane	8:15 <b>Zumba! Basics</b> Studio 2 Roxana/ 45 mins	8:30 <b>Aqua Fit</b> Pool Stephanie	9:15 <b>Heart Smart</b> Studio 2 Jenna	9:00 <b>Group Power</b> Studio 1 Staff
9:30 <b>Stretch 101</b> Yoga 1 Joy/ 45 mins	9:30 <b>Deep Water</b> Pool Jane	8:30 <b>Cycle</b> Cycle Studio Pat	9:30 <b>Deep Water</b> Pool Stephanie	9:30 <b>Stretch 101</b> Yoga 1 Yolanda/ 45 mins	10:15 <b>Zumba!</b> Studio 1 Staff
10:30 <b>Zumba!</b> Studio 1 Jessica	9:30 <b>Strength &amp; Tone</b> Studio 1 Yolanda/ 45 mins	9:15 <b>Heart Smart</b> Studio 1 Anna	9:30 <b>Strength &amp; Tone</b> Studio 1 Joy/ 45 mins	10:30 <b>Zumba!</b> Studio 1 Jessica	<b>SUNDAY</b>
12:00 <b>Lunch Break Burn</b> Studio 1 Jessica / 45min	10:30 <b>TRX</b> Studio 2 Jessica	9:30 <b>Stretch 101</b> Yoga 1 Jenna/ 45 mins	10:30 <b>TRX</b> Studio 2 Jessica	12:00 <b>Lunch Break Burn</b> Studio 1 Jessica / 45min	
5:00 <b>Basketball Open Play</b> Gym \$10 for non-members	11:30 <b>Pickleball Open Play</b> Gym \$10 for non-members	10:30 <b>Zumba!</b> Studio 1 Jessica	10:30 <b>Barre</b> Studio 1 Anna/ 45 mins	5:30 <b>Futsal!</b> w/ giasoccer.com Gymnasium	
5:30 <b>Group Power</b> Studio 1 Kim	1:00 <b>Parkinson's</b> Adaptive Fitness Studio 1	12:00 <b>Lunch Break Burn</b> Studio 1 Jessica / 45min	11:30 <b>Pickleball Open Play</b> Gym \$10 for non-members		3:00 <b>Pickleball Open Play</b> Gym \$10 for non-members
	4:30 <b>TRX</b> Studio 2 Roxana/ 45 mins	5:00 <b>Pickleball Open Play</b> Gym \$10 for non-members	1:00 <b>Parkinson's</b> Adaptive Fitness Studio 1		
	5:00 <b>Basketball Open Play</b> Gym \$10 for non-members	5:30 <b>Group Power</b> Studio 1 Roxana	5:30 <b>Zumba!</b> Studio 1 Roxana		
	5:30 <b>Zumba!</b> Studio 1	7:00 <b>Basketball Open Play</b> Gym \$10 for non-members			

\*All classes are 60 min unless otherwise noted

## Lower Back Mobility Workshop



### Unlock Your Lower Back!

Unlock your body's full potential with our Lower Back Mobility Workshop, led by Dr. Chandler Fox! This hands-on session is designed to improve flexibility, reduce stiffness, and relieve tension in your lower back—whether you're managing chronic discomfort or just want to move better. Join us to learn simple, effective techniques you can use every day to support a healthier spine and a more active lifestyle. Spots are limited—reserve yours today!



Dr. Chandler Fox

Wednesday, May 14 10:30 a.m. - 11:45 a.m.

PRE-REGISTRATION REQUIRED  
\$45

Space is LIMITED. Sign up today!  
See front desk for details.

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CLUB