

MAY 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
6:30 Awakenings Yoga Yoga 1 Alice/ 45 mins	8:15 Open Flow Yoga 1/ Multi-level Robin	6:30 Awakenings Yoga Yoga 1 Michelle / 45 mins	6:30 Hot Yoga Yoga 2 / Multi-Level Jonny/ 45 mins	6:30 Awakenings Yoga Yoga 1 Connie/ 45 mins	9:00 Hot Yoga Yoga 2/ Multi-level Susanne/ 75 mins
7:30 Hot Yoga <i>Temps expected to reach 105°F</i> Yoga 2/ Multi-level Staton	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	8:15 Power Flow Yoga 1/ Advanced Robin	8:15 Open Flow Yoga 1/ Multi-level Robin	8:15 Vinyasa Flow Yoga 1/ Multi-level Tannis	10:15 Yoga Yoga 1/ Multi-level Shannon
8:15 Morning Restore Yoga 1/ Multi-level Susanne	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Hot Baptiste Yoga 2/ Multi-level Dorothy / 75 mins	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Pilates Fusion Studio 1/ Multi-level Joy/ 45 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Hannah
9:30 Hot Yoga Yoga 2/ Advanced Shannon	10:30 Chair Yoga Studio 1/ Multi-level Angie H.	9:30 Pilates Fusion Studio 2/ Multi-level Yolanda / 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Stretch 101 Yoga 1/ Multi-level Yolanda/ 45 mins	SUNDAY
9:30 Pilates Fusion Studio 1/ Multi-level Jessica/ 45 mins	11:00 *Hot Pilates* Yoga 2 Robin H./ 45 mins	9:30 Stretch 101 Yoga 1/ Multi-level Jenna / 45 mins	10:30 Barre Studio 1 Anna/ 45 mins	9:30 Hot Baptiste Yoga 2/ Advanced Lawanda/ 75 mins	8:30 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins
9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita / 75 mins	10:30 Stretch 101 Yoga 1/ Multi-level Jenna / 45 mins	4:30 Barre Fusion Studio 2/ Multi-level Roxana/ 45 mins	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Rotation
10:30 Stretch 101 Yoga 1/ Multi-level Robin H./ 45 mins	5:15 Hot Yoga Yoga 2/ Multi-Level Robin	1:00 Chair Yoga Studio 1/ Multi-level Nan / Joanne	5:30 Hot 26 <i>Temps expected to reach 105°F</i> Yoga 2/ Multi-level Jordan/ 75mins	5:15 Hot Yoga Yoga 2/ Multi-level Rebecca	4:30 Simply Sunday** Yoga 1/ Multi-level Staff
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	5:30 Restorative + Yin Yoga 1/ Multi-level / 75mins Dorothy/ Susanne		
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins		4:00 Beginners' Pilates Studio 2/ Multi-level Robin H.			
5:30 Pilates Fusion Studio 2/ Multi-level Roxana/ 45 mins		5:30 Hot Yoga Yoga 2/ Advanced Jonny / Lauralyn / Martha			
6:00 Yoga Yoga 1/ Multi-level Lisa		5:30 Traditional Pilates Studio 2/ Multi-level Robin H.			
		6:00 Yoga Yoga 1/ Multi-level Connie			

ACTIVE BREATHWORK W/ JORDAN BRACKETT

Pop-Up Class:
Sunday, May 17, 2026
2:00 p.m. - 3:15 p.m.

Active Breathwork is an intentional, cyclical, 3-part, rhythmic breathing technique designed to promote nervous system regulation, mental clarity, and an overall sense of well-being. Through controlled breathing patterns, participants engage their respiratory system in a way that helps to move energy, release stress, and unlock emotional blockages. This dynamic practice is done in a relaxed, supported resting position, making it accessible to all healthy individuals.

There will be space for intention setting, active breathwork, deep restorative rest, and sharing. Come as you are.

\$25 Member and non-member rate per class

Call 912-638.5600 or email info@theclubssi.com to register!

2929 DEMERE ROAD • ST. SIMONS ISLAND • (912) 638.5600

*All classes are 60 min unless otherwise noted

