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MONDAY	TUESDAY	WEDNESDAY
5:45 Early Bird Cycle  <i>Cycle Studio</i> Karen/45 min	5:30 Group Power®  S1 Karen	5:30 HIIT  S2 Kim
8:00 Group Power®  S1 Karen	8:00 Barre  S2 Angie/30 min	5:45 Early Bird Cycle  <i>Cycle Studio</i> Karen/45 min
8:00 HIIT  S2 Angie	8:30 Cycle  <i>Cycle Studio</i> Trish/45 min	8:00 Group Power®  S1 Karen
8:30 Cycle  <i>Cycle Studio</i> Joy/45 min	8:30 Aqua Fit  Pool Jane	8:00 HIIT  Gym Shelly
9:15 Heart Smart  S2 Yolanda	9:30 Deep Water  Pool Jane	8:15 Zumba! Basics  S2 Roxana/45 min
9:30 Stretch 101  Y1 Joy/45 min	9:45 Strength & Tone  S1 Christina/30 min	8:30 Cycle Sculpt  <i>Cycle Studio</i> Angie
10:30 Zumba!  S1 Jessica	10:30 TRX  S2 Jessica	9:15 Heart Smart  S1 Joy
10:30 Stretch 101  Y1 Joy/45 min	4:30 TRX  S2 Roxana/45 min	9:30 Stretch 101  Y1 Karen L/45 min
4:30 Cycle  <i>Cycle Studio</i> Roxana/45 min	5:30 Cycle  <i>Cycle Studio</i> Amy/45 min	10:30 Zumba!  S1 Jessica
5:30 Group Power®  S1 Kim	5:30 Zumba!  S1 Roxana	10:30 Stretch 101  Y1 Karen L/45 min
		5:30 Group Power®  S1 Roxana

THANKSGIVING HOURS
7-10AM
CYCLE WITH KAREN
8:30-9:15
ZUMBA WITH JESS & ROX
8:30-9:30
NO LOCKER ROOMS

SPARROWS NEST
FOOD DRIVE
NOVEMBER 20TH 9AM-4PM
WINN DIXIE, ST. SIMONS
ISLAND

MAX OUT YOUR WORKOUT

THURSDAY	FRIDAY	SATURDAY
5:30 Group Power®  S1 Lisa	5:45 Early Bird Cycle  Cycle Studio Lisa/45 min	8:00 Cycle  Cycle Studio Shelly/45 min
5:45 HIIT  S2 Stacy	8:00 Group Power®  S1 Roxana	8:30 Aqua Fit  Pool Ducille/Vikki
8:00 Barre  S2 Angie/30 min	8:00 Step  S2 Shelly	9:00 Group Power®  S1 Staff
8:30 Cycle  Cycle Studio Joy/45 min	8:30 Cycle  Cycle Studio Joy/45 min	10:15 Zumba!  S1 Staff
8:30 Aqua Fit  Pool Stephanie	9:15 Heart Smart  S2 Christina	<div style="background-color: #333; color: white; padding: 10px; text-align: center;"> <h2>SUNDAY</h2> </div>
9:30 Deep Water  Pool Stephanie	9:30 Stretch 101  Y1 Yolanda/45 min	
9:45 Strength & Tone  S1 Joy/30 min	10:30 Zumba!  S1 Jessica	
10:30 TRX  S2 Jessica		
10:30 Zumba! Basics  S1 Christina		
5:30 Zumba!  S1 Roxana		
5:30 Cycle  Cycle Studio Paige/45 min		

PLEASE RESPECT OUR CLASS ETIQUETTE

See front desk for details.

Non-members Fees

Drop in \$15 class

Classes are 60 minutes unless otherwise noted.

Hours

Mon-Fri: 5 a.m.-9 p.m. | Sat-Sun: 7 a.m.-7 p.m.

(912) 638.5600 theclubssi.com

THE

CLUB



HAPPY THANKSGIVING! CLUB HOURS: 7AM-10AM