

NOVEMBER 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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--|
| 5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins | 5:45 Group Power Studio 1 Karen | 5:45 Early Bird Cycle Cycle Studio Karen/ 45 mins | 5:45 Group Power Studio 1 Kim | 5:45 Early Bird Cycle Cycle Studio Kim/ 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 | 8:00 Barre Studio 2 Angie/ 30 mins | 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 Tricia/ 45 mins | 8:00 Group Power Studio 1 Karen | 8:30 Cycle Cycle Studio Joy/ 45 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 Aqua Fit Pool Stephanie | 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 | 9:30 Deep Water 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 | 9:45 Strength & Tone Studio 1 Joy/ 30 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 | 10:30 TRX Studio 2 Jessica | 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 | 10:30 Zumba! Basics Studio 1 Yolanda | | |
| 4:30 Cycle Cycle Studio Roxana/ 45 mins | 5:30 Cycle Cycle Studio Amy/ 45 mins | 10:30 Zumba! Studio 1 Jessica | 5:30 Zumba! Studio 1 Roxana | | |
| 5:30 Group Power Studio 1 Kim | 5:30 Zumba! Studio 1 Roxana | 10:30 Tai Chi Yoga 1 Syrilla/ 45 mins | 5:30 Cycle Cycle Studio Paige/ 45 mins | | |
| | | 5:30 Group Power Studio 1 Roxana | | | |

*All classes are 60 min unless otherwise noted

Thanksgiving Hours
7:00am—10:00am
8:30am—Cycle, Yoga and ZUMBA!

Sparrow's NEST

FOOD DRIVE
Saturday, November 19, 2022
Winn Dixie Retreat Plaza, SSI

ALL DONATIONS HELP FAMILIES IN NEED!
LEARN MORE AT FAITHWORKSMINISTRY.ORG

- Canned Chicken
- Canned Tuna & Salmon
- Vienna Sausage
- Canned Fruit
- Soups & Beef Stew
- Chili or Pork & Beans
- Crackers
- Spaghettios/Ravioli
- Rice
- Instant or Canned Potatoes
- Pasta or Egg Noodles
- Spaghetti Sauce
- Canned Vegetables
- Macaroni and Cheese

- Kid's Snacks (Granola Bars, Pudding & Fruit Cups, etc.)
- Peanut Butter & Jelly
- Cereal or Oatmeal
- Pancake Mix & Syrup
- Boxed, Powdered or Canned Milk
- Gravy (Jar or Packets)
- Frozen Meat or TV Dinners

- Personal Hygiene & Household Items (toilet paper, toothpaste, shampoo, bath soap/body wash, razors, deodorant, dish soap, laundry detergent pods, diapers size 4-6, wipes)