

# 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
<b>5:45 Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	<b>5:30 Group Power</b> Studio 1 Karen	<b>5:45 Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	<b>5:45 Group Power</b> Studio 1 Kim	<b>5:45 Early Bird Cycle</b> Cycle Studio Kim/ 45 mins	<b>7:00 Basketball Open Play</b> Gym \$10 for non-members
<b>8:00 Group Power</b> Studio 1 Karen	<b>8:00 Barre</b> Studio 2 Angie/ 30 mins	<b>5:45 HIIT</b> Studio 2 Kim	<b>8:00 Barre</b> Studio 2 Angie/ 30 mins	<b>7:00 Pickleball Open Play</b> Gym \$10 for non-members	<b>8:00 Cycle</b> Cycle Studio Shelly/ 45 mins
<b>8:00 HIIT</b> Studio 2 Angie	<b>8:15 Step</b> Studio 1 Shelly	<b>8:00 Group Power</b> Studio 1 Karen	<b>8:30 Cycle</b> Cycle Studio Joy/ 45 mins	<b>8:00 Group Power</b> Studio 1 Roxana	<b>8:30 Aqua Fit</b> Pool Ducille/Vikki
<b>8:30 Cycle</b> Cycle Studio Shelly/ 45 mins	<b>8:30 Cycle</b> Cycle Studio Tricia/ 45 mins	<b>8:00 HIIT</b> Gym Shelly	<b>8:30 Aqua Fit</b> Pool Stephanie	<b>8:30 Cycle</b> Cycle Studio George/ 45 mins	<b>9:00 Group Power</b> Studio 1 Staff
<b>9:15 Heart Smart</b> Studio 2 Yolanda	<b>8:30 Aqua Fit</b> Pool Jane	<b>8:15 Zumba! Basics</b> Studio 2 Roxana/ 45 mins	<b>9:30 Deep Water</b> Pool Stephanie	<b>9:15 Heart Smart</b> Studio 2 Shelly	<b>10:15 Zumba!</b> Studio 1 Staff
<b>9:30 Stretch 101</b> Yoga 1 Joy/ 45 mins	<b>9:30 Deep Water</b> Pool Jane	<b>8:30 Cycle</b> Cycle Studio Angie	<b>9:30 Strength &amp; Tone</b> Studio 1 Joy/ 45 mins	<b>9:30 Stretch 101</b> Yoga 1 Yolanda/ 45 mins	
<b>10:30 Zumba!</b> Studio 1 Jessica	<b>9:30 Strength &amp; Tone</b> Studio 1 Yolanda/ 45 mins	<b>9:15 Heart Smart</b> Studio 1 Joy	<b>10:30 TRX</b> Studio 2 Jessica	<b>10:30 Zumba!</b> Studio 1 Jessica	
<b>5:00 Basketball Open Play</b> Gym \$10 for non-members	<b>10:30 TRX</b> Studio 2 Jessica	<b>9:30 Stretch 101</b> Yoga 1 Shelly/ 45 mins	<b>11:30 Pickleball Open Play</b> Gym \$10 for non-members		
<b>5:30 Group Power</b> Studio 1 Kim	<b>11:30 Pickleball Open Play</b> Gym \$10 for non-members	<b>10:30 Zumba!</b> Studio 1 Jessica	<b>1:00 Pickleball Clinic</b> Beginner's / \$20 Gym		
	<b>1:00 Parkinson's</b> Adaptive Fitness Studio 1	<b>5:00 Pickleball Open Play</b> Gym \$10 for non-members	<b>1:00 Parkinson's</b> Adaptive Fitness Studio 1		
	<b>4:30 TRX</b> Studio 2 Roxana/ 45 mins	<b>5:30 Group Power</b> Studio 1 Roxana	<b>5:30 Zumba!</b> Studio 1 Roxana		
	<b>5:30 Zumba!</b> Studio 1 Roxana		<b>5:30 Cycle</b> Cycle Studio Paige/ 45 mins		

**Open**

**Thanksgiving Day!**

**7:00am - 10:00am**

Unlimited Guest Passes for Members!

Yoga  
8:30am-9:30am

Cycle  
8:30am-9:15am

Zumba  
8:30am-9:30am

\*All classes are 60 min unless otherwise noted