

NOVEMBER YOGA 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
6:30 Awakenings Yoga Yoga 1 Alice/ 45 mins	8:00 Barre Studio 2 Angie/ 30 mins	6:30 Awakenings Yoga Yoga 1 Martha / 45 mins	6:30 Hot Yoga Yoga 2/ Multi-level Jonny/ 45 mins	6:30 Awakenings Yoga Yoga 1 Connie/ 45 mins	8:30 Open Flow Yoga 1/ Multi-level Jonny/ Allie/ 75 mins
8:15 Yoga Yoga 1/ Multi-level Susanne	8:15 Open Flow Yoga 1/ Multi-level Robin	8:15 Power Flow Yoga 1/ Advanced Robin	8:00 Barre Studio 2 Angie/ 30 mins	8:15 Vinyasa Flow Yoga 1/ Multi-level Tannis	9:00 Hot Yoga Yoga 2/ Multi-level Susanne/ 75 mins
9:30 Hot Yoga Yoga 2/ Advanced Tannis	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Mat Pilates Studio 2/ Multi-level Yolanda/ 45 mins	8:15 Open Flow Yoga 1/ Multi-level Robin	9:30 Mat Pilates Studio 1/ Multi-level Joy/ 45 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Hannah
9:30 Mat Pilates Studio 1/ Multi-level Jessica/ 45 mins	10:15 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Stretch 101 Yoga 1/ Multi-level Shelly/ 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 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita/ 75 mins	10:15 Hot Yoga Yoga 2/ Advanced Holly/ 75 mins	10:15 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Hot Baptiste Yoga 2/ Advanced Lawanda/ 75 mins	
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	5:15 Hot Yoga Yoga 2/ Multi-Level Robin	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	4:30 Barre Fusion Studio 2/ Advanced Jess/ Roxana/ 45 mins	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	5:30 Hot Yoga Yoga 2/ Advanced Anne C/ 75 mins	5:30 Kundalini Yoga Yoga 1/ Multi-level Jordan/ 75 mins	5:15 Hot Yoga Yoga 2/ Multi-level Hannah	
5:30 Mat Pilates Studio 2/ Multi-level Roxana/ 45 mins		5:30 Mat Pilates Studio 2/ Multi-level Robin/ 45 mins			8:30 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins
		6:00 Yoga Yoga 1/ Multi-level Connie			10:30 Hot Slow Flow Yoga 2/ Multi-level Susanne/ Hannah/ Julie
					4:30 Simply Sunday** Yoga 1/ Multi-level Staff



Yoga and Mantra Music Experience with Gina and Gershone

Go on a mantric sound journey with Gina and Gershone as you lay back and relax, receiving beneficial vibrations in every level of your being. Leave feeling grounded, open and lifted. No prior experience required.

Sunday, November 5, 2023
2:00pm - 3:30pm
\$30

*All classes are 60 min unless otherwise noted