

# NOVEMBER FULL ACCESS 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
<b>6:30 Awakenings Yoga</b> Yoga 1 Alice/ 45 mins	<b>8:00 Barre</b> Studio 2 Angie/ 30 mins	<b>6:30 Awakenings Yoga</b> Yoga 1 Gina / 45 mins	<b>6:30 Hot Yoga</b> Yoga 2/ Multi-level Jonny/ 45 mins	<b>6:30 Awakenings Yoga</b> Yoga 1 Connie/ 45 mins	<b>9:00 Hot Yoga</b> Yoga 2/ Multi-level Susanne/ 75 mins
<b>8:15 Yoga</b> Yoga 1/ Multi-level Susanne	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<b>8:15 Power Flow</b> Yoga 1/ Advanced Robin	<b>8:00 Barre</b> Studio 2 Angie/ 30 mins	<b>8:15 Vinyasa Flow</b> Yoga 1/ Multi-level Tannis	<b>10:15 Yoga</b> Yoga 1/ Multi-level Shannon / Matt
<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis	<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>9:30 Hot Vinyasa</b> Yoga 2/ Multi-level Dorothy / 75 mins	<b>8:15 Open Flow</b> Yoga 1/ Multi-level Robin	<b>9:30 Mat Pilates</b> Studio 1/ Multi-level Joy/ 45 mins	<b>10:30 Hot Slow Flow</b> Yoga 2/ Multi-level Hannah
<b>9:30 Mat Pilates</b> Studio 1/ Multi-level Jessica/ 45 mins	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<b>9:30 Mat Pilates</b> Studio 2/ Multi-level Yolanda / 45 mins	<b>9:30 Hot Yoga</b> Yoga 2/ Advanced Tannis/ 75 mins	<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Yolanda/ 45 mins	
<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Joy/ 45 mins	<b>11:30 Yin Yoga</b> Yoga 1/ Multi-level April / 75 mins	<b>9:30 Stretch 101</b> Yoga 1/ Multi-level Angie / 45 mins	<b>10:00 Classical Yoga</b> Yoga 1/ Multi-level John H.	<b>9:30 Hot Baptiste</b> Yoga 2/ Advanced Lawanda/ 75 mins	<b>8:30 Hot Yoga</b> Yoga 2/ Multi-level Anne C/ 75 mins
<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 John H.	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-Level Robin	<b>4:00 Gentle Practice Yoga</b> Yoga 1/ Level 1 Dorothy	<b>11:30 Yin Yoga</b> Yoga 1/ Multi-level Dorothy / 75mins	<b>10:30 Yin Yoga</b> Yoga 1/ Multi-level April/ 90 mins	<b>10:30 Hot Slow Flow</b> Yoga 2/ Multi-level Susanne/ Hannah
<b>5:30 Hot Yoga</b> Yoga 2/ Multi-level Lawanda/ 75 mins	<b>5:30 Restorative</b> Yoga 1/ Multi-level Susanne / 75 mins	<b>5:30 Hot Yoga</b> Yoga 2/ Advanced Anne C/ 75 mins	<b>4:30 Barre Fusion</b> Studio 2/ Advanced Jess/ Roxana/ 45 mins	<b>5:15 Hot Yoga</b> Yoga 2/ Multi-level Hannah	<b>4:30 Simply Sunday**</b> Yoga 1/ Multi-level Staff
<b>5:30 Pilates Fusion</b> Studio 2/ Multi-level Roxana/ 45 mins		<b>5:30 Mat Pilates</b> Studio 2/ Multi-level Robin/ 45 mins	<b>5:30 Hot Yoga</b> Yoga 2/ Multi-level Jordan		
<b>6:00 Yoga</b> Yoga 1/ Multi-level Hannah		<b>6:00 Yoga</b> Yoga 1/ Multi-level Connie			

## SUNDAY

# LEVITATE

## Aerial Sound Bath

With Dr. Iman Ali

Every 2nd Sunday Starting  
November 2024

*"As you float gently in your hammock, immerse yourself in calming melodies and resonant tones that promote relaxation and inner peace."*



\*All classes are 60 min unless otherwise noted