NOVEMBER FITNESS SCHEDULE

THE CLUB
ST. SIMONS ISLAND

THE CLUB HOURS: MON-FRI 5 AM-9 PM | SAT-SUN 7 AM-7 PM
KIDZONE: MON-THU 8 AM-12 PM & 4-7 PM | FRI-SAT 8 AM-12 PM
(912) 638-5600 • THECLUBSSI.COM • $25 NON-MEMBER DROP-IN

GROUP FITNESS • AQUATICS • OPEN PLAY

MONDAY

5:45 Early Bird Cycle
Cycle Studio • 45 min
Karen Carmen

8:00 Group Power
Studio 1
Karen Carmen

8:00 HIIT
Studio 2
Kim Hanson

8:30 Cycle
Cycle Studio • 45 min
Roxana Bush

9:15 Heart Smart
Studio 2
Yolanda O'Hern

9:30 Stretch 101
Yoga 1 • 45 min
Joy McKinnon

10:30 Zumba!
Studio 1
Jessica Bush

5:30 Group Power
Studio 1
Kim Hanson

5:00 Basketball Open Play
Gym
$10 non-members

TUESDAY

5:45 TBC
Gym
Chris Garcia

5:45 Group Power
Studio 1
Karen Carmen

8:30 Cycle
Cycle Studio • 45 min
Elaine Williamson

8:30 Aqua Fit
Pool
Jane Drake

9:30 Deep Water
Pool
Jane Drake

9:30 Strength & Tone
Studio 1 • 45 min
Yolanda O'Hern

10:30 TRX
Studio 2
Jessica Bush

1:00 Parkinson's Adaptive Fitness
Studio 1

4:30 TRX
Studio 2 • 45 min
Roxana Bush

5:00 Basketball Open Play
Gym
$10 non-members

5:30 Zumba!
Studio 1
Roxana Bush

5:30 Strength Club
Studio 2
Amy Knowles

WEDNESDAY

5:45 Early Bird Cycle
Cycle Studio • 45 min
Karen Carmen

5:45 HIIT
Studio 2
Kim Hanson

8:00 Group Power
Studio 1
Karen Carmen

8:15 Zumba! Basics
Studio 2 • 45 min
Roxana Bush

8:30 Cycle
Cycle Studio
Tasha Williams

9:15 Heart Smart
Studio 1
Anna Hawthorne

9:30 Stretch 101
Yoga 1 • 45 min
Jenna McMicken

10:30 Zumba!
Studio 1
Jessica Bush / Anna Hawthorne

1:00 Parkinson's Chair Fitness
Studio 1

5:30 Group Power
Studio 1
Roxana Bush

7:00 Basketball Open Play
Gym
$10 non-members

THURSDAY

5:45 TBC
Gym
Chris Garcia

5:45 Group Power
Studio 1
Kim Hanson

8:30 Cycle
Cycle Studio • 45 min
Jay Williamson

8:30 Aqua Fit
Pool
Stephanie Schleicher

9:30 Deep Water
Pool
Stephanie Schleicher

9:30 Strength & Tone
Studio 1 • 45 min
Joy McKinnon

10:30 TRX
Studio 2
Jessica Bush

10:30 Barre
Studio 1 • 45 min
Anna Hawthorne

1:00 Parkinson's Adaptive Fitness
Studio 1

4:30 Barre Fusion
Studio 2 / Advanced • 45 min
Jessica Bush / Roxana Bush

5:30 Zumba!
Studio 1
Roxana Bush

5:30 Strength Club
Studio 2
Amy Knowles

FRIDAY

5:45 Early Bird Cycle
Cycle Studio • 45 min
Kim Hanson / Shelly Good

7:00 Pickleball Open Play
Gym
$10 non-members

8:00 Group Power
Studio 1
Roxana Bush

8:30 Cycle
Cycle Studio • 45 min
Staff

9:15 Heart Smart
Studio 2
Jenna McMicken

9:30 Stretch 101
Yoga 1 • 45 min
Yolanda O'Hern

10:30 Zumba!
Studio 1
Jessica Bush

5:30 Futsal!
Gymnasium
giasoccer.com

SATURDAY

8:00 Cycle
Cycle Studio • 45 min
Shelly Good

8:30 Aqua Fit
Pool
Rotation

9:00 Step
Studio 2
Shelly Good

9:00 Group Power
Studio 1
Staff

9:00 Basketball Open Play
Gym
$10 non-members

10:15 Zumba!
Studio 1
Staff

SUNDAY

12:00 Pickleball Open Play
Gym • 12 PM-3 PM
$10 non-members

3:00 Futsal!
Gymnasium • 3 PM-6 PM
giasoccer.com

All classes are 60 minutes unless otherwise noted. Schedule subject to change.