NOVEMBER YOGA SCHEDULE

THE CLUBS
YOGA CENTER

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

YOGA • PILATES • BARRE

MONDAY

6:30 Awakenings Yoga
Yoga 1 • 45 min
Alice Dunick

8:15 Morning Restore
Yoga 1 / Multi-level
Susanne Jackson

9:30 Hot Yoga
Yoga 2 / Advanced
Shannon Gabell

9:30 Pilates Fusion
Studio 1 / Multi-level • 45 min
Jessica Bush

9:30 Stretch 101
Yoga 1 / Multi-level • 45 min
Joy McKinnon

4:00 Gentle Practice Yoga
Yoga 1 / Level 1
John Hartland

5:30 Hot Yoga
Yoga 2 / Multi-level • 75 min
Lawanda Mann

5:30 Pilates Fusion
Studio 2 / Multi-level • 45 min
Roxana Bush

5:30 Yoga
Yoga 1 / Multi-level
Lisa Morgan / Samantha Pearson

TUESDAY

8:15 Open Flow
Yoga 1 / Multi-level
Robin McDonald

9:30 Hot Yoga
Yoga 2 / Advanced • 75 min
Tannis Allen

10:00 Classical Yoga
Yoga 1 / Multi-level
John Hartland

10:30 Chair Yoga
Studio 1 / Multi-level
Angie Hutchens

11:00 Hot Pilates
Yoga 2 • 45 min
Robin Harris

11:30 Yin Yoga
Yoga 1 / Multi-level • 75 min
Janita Nelson

5:15 Hot Yoga
Yoga 2 / Multi-level
Robin McDonald

5:30 Restorative
Yoga 1 / Multi-level • 75 min
Susanne Jackson

WEDNESDAY

6:30 Awakenings Yoga
Yoga 1 • 45 min
Jami Brown

8:15 Power Flow
Yoga 1 / Advanced
Robin McDonald

9:30 Pilates Fusion
Studio 2 / Multi-level • 45 min
Yolanda O'Hern

9:30 Stretch 101
Yoga 1 / Multi-level • 45 min
Jenna McMicken

9:30 Hot Slow Flow
Yoga 2 / Multi-level
Joyce Yeatts

1:00 Chair Yoga
Studio 1 / Multi-level
Nan Hutchinson / Joanne Martelli

4:00 Gentle Practice Yoga
Yoga 1 / Level 1
Janita Nelson

4:00 Traditional Pilates
Studio 2 / Multi-level
Robin Harris

5:30 Hot Yoga
Yoga 2 / Advanced
Jonny Rodriguez / Lauralyn Mustaki Martha Baumgartner

5:30 Pilates Sculpt
Studio 2 / Multi-level
Robin Harris

5:30 Yoga
Yoga 1 / Multi-level
Connie Brogan

THURSDAY

6:30 Hot Yoga
Yoga 2 / Multi-level • 45 min
Jonny Rodriguez

8:15 Open Flow
Yoga 1 / Multi-level
Robin McDonald

9:30 Hot Yoga
Yoga 2 / Advanced • 75 min
Tannis Allen

10:00 Classical Yoga
Yoga 1 / Multi-level
John Hartland

10:30 Barre
Studio 1 • 45 min
Anna Hawthorne

4:30 Barre Fusion
Studio 2 / Multi-level • 45 min
Roxana Bush

5:30 Hot 26
Yoga 2 / Multi-level • 75 min / 105°F max
Jordan Brackett

5:30 Restorative + Yin
Yoga 1 / Multi-level • 75 min
Dorothy Gressette

FRIDAY

6:30 Awakenings Yoga
Yoga 1 • 45 min
Connie Brogan

8:15 Vinyasa Flow
Yoga 1 / Multi-level
Tannis Allen

9:30 Pilates Fusion
Studio 1 / Multi-level • 45 min
Joy McKinnon

9:30 Stretch 101
Yoga 1 / Multi-level • 45 min
Yolanda O'Hern

9:30 Hot Baptiste
Yoga 2 / Advanced • 75 min
Lawanda Mann

10:30 Yin Yoga
Yoga 1 / Multi-level • 90 min
April McEwan

5:15 Hot Yoga
Yoga 2 / Multi-level
Rebecca Evans / Blake Jones

SATURDAY

9:00 Hot Yoga
Yoga 2 / Multi-level • 75 min
Susanne Jackson

10:15 Yoga
Yoga 1 / Multi-level
Shannon Gabell

10:30 Hot Slow Flow
Yoga 2 / Multi-level
Hannah Bramon

1:00 Hot 26
Yoga 2 / Multi-level • 90 min / 105°F max
Staton Laws

SUNDAY

8:30 Hot Yoga
Yoga 2 / Multi-level • 75 min
Anne Coyle

10:30 Hot Slow Flow
Yoga 2 / Multi-level
Rotation

4:30 Simply Sunday**
Yoga 1 / Multi-level
Staff

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