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MONDAY	TUESDAY	WEDNESDAY
5:45 Early Bird Cycle  <i>Cycle Studio</i> Karen/45 min	5:30 Group Power®  S1 Karen	5:30 HIIT  S2 Kim
8:00 Group Power®  S1 Karen	8:30 Cycle  <i>Cycle Studio</i> Trish/45 min	5:45 Early Bird Cycle  <i>Cycle Studio</i> Karen/45 min
8:00 HIIT  S2 Angie	8:30 Aqua Fit  <i>Pool</i> Jane	8:00 Group Power®  S1 Karen
8:30 Cycle  <i>Cycle Studio</i> Joy/45 min	9:30 Deep Water  <i>Pool</i> Jane	8:00 HIIT  Gym Shelly
9:15 Heart Smart  S2 Yolanda	9:45 Strength & Tone  S1 Christina/30 min	8:15 Zumba! Basics  S2 Roxana/45 min
9:30 Stretch 101  Y1 Joy/45 min	10:30 TRX  S2 Jessica	8:30 Cycle Sculpt  <i>Cycle Studio</i> Angie
10:30 Zumba!  <i>Basketball Court</i> Jessica	4:30 TRX  S2 Roxana/45 min	9:15 Heart Smart  S1 Joy
10:30 Stretch 101  Y1 Joy/45 min	5:30 Cycle  <i>Cycle Studio</i> Amy/45 min	9:30 Stretch 101  Y1 Karen L/45 min
4:30 Cycle  <i>Cycle Studio</i> Roxana/45 min	5:30 Zumba!  S1 Roxana	10:30 Zumba!  <i>Basketball Court</i> Jessica
5:30 Group Power®  S1 Kim		10:30 Stretch 101  Y1 Karen L/45 min
		5:30 Group Power®  S1 Roxana

CPR CLASS
OCTOBER 22ND
12-3 P.M.

BLOOD DRIVE
OCTOBER 21ST
8 A.M.-1 P.M.

MAX OUT YOUR WORKOUT

THURSDAY	FRIDAY	SATURDAY
5:30 Group Power®  S1 Lisa	5:45 Early Bird Cycle  <i>Cycle Studio</i> Lisa/45 min	8:00 Cycle  <i>Cycle Studio</i> Shelly/45 min
5:45 HIIT  S2 Stacy	8:00 Group Power®  S1 Roxana	8:30 Aqua Fit  <i>Pool</i> Ducille/Vikki
8:30 Cycle  <i>Cycle Studio</i> Joy/45 min	8:00 Step  S2 Shelly	9:00 Group Power®  S1 Staff
8:30 Aqua Fit  <i>Pool</i> Stephanie	8:30 Cycle  <i>Cycle Studio</i> Joy/45 min	10:15 Zumba!  S1 Staff
9:30 Deep Water  <i>Pool</i> Stephanie	9:15 Heart Smart  S2 Christina	<div style="background-color: #333; color: white; padding: 10px; text-align: center;"> <h2>SUNDAY</h2> </div>
9:45 Strength & Tone  S1 Joy/30 min	9:30 Stretch 101  Y1 Yolanda/45 min	
10:30 TRX  S2 Jessica	10:30 Zumba!  <i>Basketball Court</i> Jessica	
10:30 Zumba! Basics  S1 Christina		
5:30 Zumba!  S1 Roxana		
5:30 Cycle  <i>Cycle Studio</i> Paige/45 min		4:30 Cycle  <i>Cycle Studio</i> George/45 min

PLEASE RESPECT OUR CLASS ETIQUETTE

See front desk for details.

Non-members Fees

Drop in \$15 class
 Classes are 60 minutes unless otherwise noted.

Hours

Mon-Fri: 5 a.m.-9 p.m. | Sat-Sun: 7 a.m.-7 p.m.

(912) 638.5600 theclubssi.com



HAPPY HALLOWEEN!