

# OCTOBER FULL ACCESS FITNESS 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
5:45 <b>Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	5:45 <b>Group Power</b> Studio 1 Karen	5:45 <b>Early Bird Cycle</b> Cycle Studio Karen/ 45 mins	5:45 <b>Group Power</b> Studio 1 Kim	5:45 <b>Early Bird Cycle</b> Cycle Studio Kim/ Shelly 45 mins	7:00 <b>Basketball Open Play</b> Gym \$10 for non-members
8:00 <b>Group Power</b> Studio 1 Karen	8:00 <b>Barre</b> Studio 2 Angie/ 30 mins	5:45 <b>HIIT</b> Studio 2 Kim	8:00 <b>Barre</b> Studio 2 Angie/ 30 mins	7:00 <b>Pickleball Open Play</b> Gym \$10 for non-members	8:00 <b>Cycle</b> Cycle Studio Shelly/ 45 mins
8:00 <b>HIIT</b> Studio 2 Angie	8:30 <b>Cycle</b> Cycle Studio Staff / 45 mins	8:00 <b>Group Power</b> Studio 1 Karen	8:30 <b>Cycle</b> Cycle Studio Joy/ 45 mins	8:00 <b>Group Power</b> Studio 1 Roxana	8:30 <b>Aqua Fit</b> Pool Ducille/Vikki
8:30 <b>Cycle</b> Cycle Studio Shelly/Staff 45 mins	8:30 <b>Aqua Fit</b> Pool Jane	8:00 <b>HIIT</b> Gym Tasha	8:30 <b>Aqua Fit</b> Pool Stephanie	8:30 <b>Cycle</b> Cycle Studio Staff / 45 mins	9:00 <b>Step</b> Studio 2 Shelley
9:15 <b>Heart Smart</b> Studio 2 Jenna	9:30 <b>Deep Water</b> Pool Jane	8:15 <b>Zumba! Basics</b> Studio 2 Roxana/ 45 mins	9:30 <b>Deep Water</b> Pool Stephanie	9:15 <b>Heart Smart</b> Studio 2 Jenna	9:00 <b>Group Power</b> Studio 1 Staff
9:30 <b>Stretch 101</b> Yoga 1 Joy/ 45 mins	9:30 <b>Strength &amp; Tone</b> Studio 1 Yolanda/ 45 mins	8:30 <b>Cycle</b> Cycle Studio Angie	9:30 <b>Strength &amp; Tone</b> Studio 1 Joy/ 45 mins	9:30 <b>Stretch 101</b> Yoga 1 Yolanda/ 45 mins	10:15 <b>Zumba!</b> Studio 1 Staff
10:30 <b>Zumba!</b> Studio 1 Jessica	10:30 <b>TRX</b> Studio 2 Jessica	9:15 <b>Heart Smart</b> Studio 1 Shelly	10:30 <b>TRX</b> Studio 2 Jessica	10:30 <b>Zumba!</b> Studio 1 Jessica	
5:30 <b>Group Power</b> Studio 1 Kim	11:30 <b>Pickleball Open Play</b> Gym \$10 for non-members	9:30 <b>Stretch 101</b> Yoga 1 Angie/ 45 mins	11:30 <b>Pickleball Open Play</b> Gym \$10 for non-members		
	1:00 <b>Parkinson's</b> Adaptive Fitness Studio 1	10:30 <b>Zumba!</b> Studio 1 Jessica	1:00 <b>Parkinson's</b> Adaptive Fitness Studio 1		
	4:30 <b>TRX</b> Studio 2 Roxana/ 45 mins	5:00 <b>Pickleball Open Play</b> Gym \$10 for non-members	5:30 <b>Zumba!</b> Studio 1 Roxana		
	5:00 <b>Basketball Open Play</b> Gym \$10 for non-members	5:30 <b>Group Power</b> Studio 1 Roxana			
	5:30 <b>Zumba!</b> Studio 1 Roxana				

\*All classes are 60 min unless otherwise noted



## Blood Drive The Club

Club Gym  
2929 Demere Road  
Saint Simons Island, GA 31522

Thursday, October 17, 2024  
8:00 a.m. to 1:00 p.m.