































SEPTEMBER FITNESS SCHEDULE / ALSO ONLINE























| 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> Amy/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> Trish/45 min | 9:30 Stretch 101  Y1 Amy/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 Amy/45 min |
| | | 5:30 Group Power®  S1 Roxana |

CPR CLASS
 SEPTEMBER 17TH
 12-3 P.M.

**MUSGROVE
 RETREAT***
 OCTOBER 2ND
 9 A.M.-6 P.M.

*\$150 full day / \$40 end of day 2-hour class
 Limited to 50 students
 Musgrove Plantation, St. Simons Island

MAX OUT YOUR WORKOUT

| THURSDAY | FRIDAY | SATURDAY |
|--|---|--|
| 5:30 Group Power®  S1 Lisa | 5:45 Early Bird Cycle  Cycle Studio Lisa/45 min | 8:00 Cycle  Cycle Studio Shelly/45 min |
| 5:45 HIIT  S2 Stacy | 8:00 Group Power®  S1 Roxana | 8:30 Aqua Fit  Pool Ducille/Vikki |
| 8:30 Cycle  Cycle Studio Joy/45 min | 8:00 Step  S2 Shelly | 9:00 Group Power®  S1 Staff |
| 8:30 Aqua Fit  Pool Stephanie | 8:30 Cycle  Cycle Studio Melissa/45 min | 10:15 Zumba!  S1 Staff |
| 9:30 Deep Water  Pool 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!  Basketball Court Jessica | |
| 10:30 Zumba! Basics  S1 Christina | | |
| 5:30 Zumba!  S1 Roxana | | |
| 5:30 Cycle  Cycle Studio Paige/45 min | | 4:30 Cycle  Cycle Studio 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



NO AFTERNOON CLASSES ON LABOR DAY