

SEPTEMBER YOGA SCHEDULE *ALSO ONLINE

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 |
|--|---|--|--|--|--|
| 6:30 Awakenings Yoga Yoga 1 Martha/ 45 mins | 6:30 Hot Yoga Yoga 2/ Multi-level Marcia | 6:30 Awakenings Yoga Yoga 1 Marcia/ 45 mins | 6:30 Hot Yoga Yoga 2/ Multi-level Jonny/ 45 mins | 6:30 Awakenings Yoga Yoga 1 Connie/ 45 mins | 9:00 Hot Yoga Yoga 2/ Multi-level Susanne/ 75 mins |
| 8:15 Yoga Yoga 1/ Multi-level Allie | 8:00 Barre Studio 2 Angie/ 30 mins | 8:15 Power Flow Yoga 1/ Advanced Robin | 8:00 Barre Studio 2 Angie/ 30 mins | 8:15 Baptiste Flow Yoga 1/ Intermediate Lawanda | 10:00 Open Flow Yoga 1/ Multi-level Anne C/ Alexa S./ 75 mins |
| 9:30 Hot Yoga Yoga 2/ Advanced Tannis | 8:15 Open Flow Yoga 1/ Multi-level Robin | 9:30 Mat Pilates Studio 2/ Multi-level Yolanda/ 45 mins | 8:15 Open Flow Yoga 1/ Multi-level Robin | 9:30 Mat Pilates Studio 1/ Multi-level Joy/ 45 mins | 10:30 Hot Slow Flow Yoga 2/ Multi-level Hannah |
| 9:30 Mat Pilates Studio 1/ Multi-level Jessica/ 45 mins | 10:00 Classical Yoga Yoga 1/ Multi-level John H. | 9:30 Stretch 101 Yoga 1/ Multi-level Shelly/ 45 mins | 10:00 Classical Yoga Yoga 1/ Multi-level John H. | 9:30 Stretch 101 Yoga 1/ Multi-level Yolanda/ 45 mins | SUNDAY |
| 9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins | 10:15 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins | 10:15 Hot Yoga Yoga 2/ Advanced Mandy/ 75 mins | 10:15 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins | 10:15 Hot Yoga Yoga 2/ Advanced Julie /75 mins | |
| 10:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins | 11:30 Yin Yoga Yoga 1/ Multi-level Janita/ 75 mins | 10:30 Tai Chi Yoga 1 Syrilla/ 45 mins | 11:30 HartYoga Yoga 1/ Multi-level John H. | 10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins | 9:00 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins |
| 4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H. | 5:30 Power Flow Yoga 1/ Advanced Robin/ 75 mins | 4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita | 4:30 Barre Fusion Studio 2/ Advanced Jessica/ 45 mins | 5:15 Hot Yoga Yoga 2/ Multi-level Alexa | 10:30 Hot Slow Flow Yoga 2/ Multi-level Susanne/ Hannah/ Julie |
| 5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins | 5:45 Restorative Yoga 2/ Multi-level Susanne | 5:30 Hot Yoga Yoga 2/ Advanced Hannah/ 75 mins | 5:30 Hot Yoga Yoga 2/ Advanced Jordan/ 75 mins | | 4:30 Simply Sunday** Yoga 1/ Multi-level Staff **Last Sunday of the month. Simply Sunday yoga with Lauren Prince featuring the music of Matt Williams! |
| 5:30 Mat Pilates Studio 2/ Multi-level Roxana/ 45 mins | | 5:30 Mat Pilates Studio 2/ Multi-level Jessica/ 45 mins | 6:00 Yin Yoga Yoga 1/ Multi-level Anne G 75 mins | | |
| 6:00 Yoga Yoga 1/ Multi-level Anne G. | | 6:00 Yoga Yoga 1/ Multi-level Connie | | | |

Two New Classes!

Tuesday | 6:30am Hot Yoga with Marcia

Friday | 5:15pm Hot Yoga with Alexa

*All classes are 60 min unless otherwise



Monday, September 5, 2022

Regular Hours!
No Afternoon Classes