

# SEPTEMBER FITNESS SCHEDULE \*ALSO

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/ 45 mins	8:00 <b>Cycle</b> Cycle Studio Shelly/ 45 mins
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	8:00 <b>Group Power</b> Studio 1 Roxana	8:30 <b>Aqua Fit</b> Pool Ducille/Vikki
8:00 <b>HIIT</b> Studio 2 Angie	8:15 <b>Step</b> Studio 1 Shelly	8:00 <b>Group Power</b> Studio 1 Karen	8:30 <b>Cycle</b> Cycle Studio Joy/ 45 mins	8:30 <b>Cycle</b> Cycle Studio George/ 45 mins	9:00 <b>Group Power</b> Studio 1 Staff
8:30 <b>Cycle</b> Cycle Studio Shelly/ 45 mins	8:30 <b>Cycle</b> Cycle Studio Tricia/ 45 mins	8:00 <b>HIIT</b> Gym Shelly	8:30 <b>Aqua Fit</b> Pool Stephanie	9:15 <b>Heart Smart</b> Studio 2 Shelly	10:15 <b>Zumba!</b> Studio 1 Staff
9:15 <b>Heart Smart</b> Studio 2 Yolanda	8:30 <b>Aqua Fit</b> Pool Jane	8:15 <b>Zumba! Basics</b> Studio 2 Roxana/ 45 mins	9:30 <b>Deep Water</b> Pool Stephanie	9:30 <b>Stretch 101</b> Yoga 1 Yolanda/ 45 mins	
9:30 <b>Stretch 101</b> Yoga 1 Joy/ 45 mins	9:30 <b>Deep Water</b> Pool Jane	8:30 <b>Cycle</b> Cycle Studio Angie	9:30 <b>Strength &amp; Tone</b> Studio 1 Joy/ 45 mins	10:30 <b>Zumba!</b> Studio 1 Jessica	
10:30 <b>Zumba!</b> Studio 1 Jessica	9:30 <b>Strength &amp; Tone</b> Studio 1 Yolanda/ 45 mins	9:15 <b>Heart Smart</b> Studio 1 Joy	10:30 <b>TRX</b> Studio 2 Jessica		
5:30 <b>Group Power</b> Studio 1 Kim	10:30 <b>TRX</b> Studio 2 Jessica	9:30 <b>Stretch 101</b> Yoga 1 Shelly/ 45 mins	1:00 <b>Parkinson's</b> Adaptive Fitness Studio 1		
	1:00 <b>Parkinson's</b> Adaptive Fitness Studio 1	10:30 <b>Zumba!</b> Studio 1 Jessica	1:00 <b>Pickleball Clinic</b> Beginner's / \$20 Gym		
	4:30 <b>TRX</b> Studio 2 Roxana/ 45 mins	5:30 <b>Group Power</b> Studio 1 Roxana	5:30 <b>Zumba!</b> Studio 1 Roxana		
	5:30 <b>Zumba!</b> Studio 1 Roxana		5:30 <b>Cycle</b> Cycle Studio Paige/ 45 mins		

\*All classes are 60 min unless otherwise noted



Monday, September 4, 2023

Regular Hours!  
**No Afternoon Classes**