

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

*All classes are 60 min unless otherwise noted



Now featuring:
ROGUE
 Safety Squat Bar!

Training with the Rogue Safety Squat bar is known to tax your posterior chain; the weight distribution falls between the front squat and the high-bar back squat to vary your power output training. This bar is a safer option for intense squat progressions or maximum load lifts. This bar is known to increase your maximum working weight when compared to the traditional back squat.

