

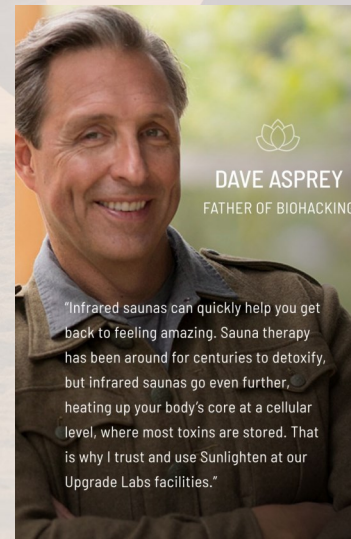
SEPTEMBER FULL ACCESS YOGA SCHEDULE

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
6:30 Awakenings Yoga Yoga 1 Alice/ 45 mins	8:00 Barre Studio 2 Angie/ 30 mins	6:30 Awakenings Yoga Yoga 1 Gina / 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 Susanne	8:15 Open Flow Yoga 1/ Multi-level Robin	8:15 Power Flow Yoga 1/ Advanced Robin	8:00 Barre Studio 2 Angie/ 30 mins	8:15 Vinyasa Flow Yoga 1/ Multi-level Tannis	10:30 Hot Slow Flow Yoga 2/ Multi-level Hannah
9:30 Hot Yoga Yoga 2/ Advanced Tannis	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Hot Vinyasa Yoga 2/ Multi-level Dorothy / 75 mins	8:15 Open Flow Yoga 1/ Multi-level Robin	9:30 Mat Pilates Studio 1/ Multi-level Joy/ 45 mins	SUNDAY
9:30 Mat Pilates Studio 1/ Multi-level Jessica/ 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Mat Pilates Studio 2/ Multi-level Yolanda / 45 mins	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Stretch 101 Yoga 1/ Multi-level Yolanda/ 45 mins	
9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita/ 75 mins	9:30 Stretch 101 Yoga 1/ Multi-level Angie / 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Hot Baptiste Yoga 2/ Advanced Lawanda/ 75 mins	8:30 Hot Yoga Yoga 2/ Multi-level Anne C/ 75 mins
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	5:15 Hot Yoga Yoga 2/ Multi-Level Robin	11:00 Yin Yoga Yoga 1/ Multi-level Dorothy / 75mins	4:30 Barre Fusion Studio 2/ Advanced Jess/ Roxana/ 45 mins	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	10:30 Hot Slow Flow Yoga 2/ Multi-level Susanne/ Hannah
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	5:30 Hot Yoga Yoga 2/ Multi-level Jordan	5:15 Hot Yoga Yoga 2/ Multi-level Hannah	4:30 Simply Sunday** Yoga 1/ Multi-level Staff
5:30 Pilates Fusion Studio 2/ Multi-level Roxana/ 45 mins		5:30 Hot Yoga Yoga 2/ Advanced Anne C/ 75 mins			
6:00 Yoga Yoga 1/ Multi-level Hannah		5:30 Mat Pilates Studio 2/ Multi-level Robin/ 45 mins			
		6:00 Yoga Yoga 1/ Multi-level Connie			

*All classes are 60 min unless otherwise noted



Infrared Sauna

What People *Think* it Does

- Makes You Sweat

What it *Really* Does

- Reduces Pain & Inflammation
- Improves Heart Health
- Boosts Mood
- Strengthens Immunity
- Excretes Toxins
- Increases Insulin Sensitivity
- Helps Exercise