

SEPTEMBER 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	7:30 Barre Studio 2 Angie/ 45 mins	6:30 Awakenings Yoga Yoga 1 Michelle / 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 Morning Restore Yoga 1/ Multi-level Susanne	8:15 Open Flow Yoga 1/ Multi-level Robin	8:15 Power Flow Yoga 1/ Advanced Robin	7:30 Barre Studio 2 Angie/ 45 mins	8:15 Vinyasa Flow Yoga 1/ Multi-level Tannis	10:15 Yoga Yoga 1/ Multi-level Shannon
9:30 Hot Yoga Yoga 2/ Advanced Shannon	9:30 Hot Yoga Yoga 2/ Advanced Tannis/ 75 mins	9:30 Hot Slow Power 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	10:30 Hot Slow Flow Yoga 2/ Multi-level Hannah
9:30 Pilates Fusion 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	SUNDAY
9:30 Stretch 101 Yoga 1/ Multi-level Joy/ 45 mins	10:30 Chair Yoga Studio 1/ Multi-level Angie H.	9:30 Stretch 101 Yoga 1/ Multi-level Jenna / 45 mins	10:00 Classical Yoga Yoga 1/ Multi-level John H.	9:30 Hot Baptiste Yoga 2/ Advanced Lawanda/ 75 mins	
4:00 Gentle Practice Yoga Yoga 1/ Level 1 John H.	11:00 *Hot Pilates* Yoga 2 Robin H./ 45 mins	4:00 Gentle Practice Yoga Yoga 1/ Level 1 Janita	10:30 Barre Studio 1 Anna/ 45 mins	10:30 Yin Yoga Yoga 1/ Multi-level April/ 90 mins	
5:30 Hot Yoga Yoga 2/ Multi-level Lawanda/ 75 mins	11:30 Yin Yoga Yoga 1/ Multi-level Janita / 75 mins	5:30 Hot Yoga Yoga 2/ Advanced Jonny / Lauralyn	11:30 Yin +Yoga Nidra Yoga 1/ Multi-level Dorothy/ 75mins	5:15 Hot Yoga Yoga 2/ Multi-level Hannah	
5:30 Pilates Fusion Studio 2/ Multi-level Roxana/ 45 mins	5:15 Hot Yoga Yoga 2/ Multi-Level Robin	5:30 Traditional Pilates Studio 2/ Multi-level Robin H.	4:30 Barre Fusion Studio 2/ Advanced Jess/ Roxana/ 45 mins		
6:00 Yoga Yoga 1/ Multi-level Lisa	5:30 Restorative Yoga 1/ Multi-level Susanne / 75 mins	6:00 Yoga Yoga 1/ Multi-level Connie	5:30 Hot 26 Temps expected to reach 105°F Yoga 2/ Multi-level Jordan/ 75mins		

*All classes are 60 min unless otherwise noted

LEVITATE

Aerial Sound Bath

With Dr. Iman Ali

Sunday, September 14, 2025
2 p.m. - 3 p.m.

"As you float gently in your hammock, immerse yourself in calming melodies and resonant tones that promote relaxation and inner peace."



ACTIVE BREATHWORK

W/ JORDAN BRACKETT

Sunday, September 14, 2025
4:30 p.m. - 5:30 p.m.

Active Breathwork is an intentional, cyclical, 3-part, rhythmic breathing technique designed to promote nervous system regulation, mental clarity, and an overall sense of well-being. Through controlled breathing patterns, participants engage their respiratory system in a way that helps to move energy, release stress, and unlock emotional blockages. This dynamic practice is done in a relaxed, supported resting position, making it accessible to all healthy individuals.

There will be space for intention setting, active breathwork, deep restorative rest, and sharing. Come as you are.

Call 912. 638.5600 or email info@theclubssi.com to register!
2929 DEMERE ROAD • ST. SIMONS ISLAND • (912) 638.5600

