

SEPTEMBER FITNESS SCHEDULE

THE CLUB
ST. SIMONS ISLAND

THE CLUB HOURS: MON-FRI 5 AM-9 PM | SAT-SUN 7 AM-7 PM

KIDZONE: MON-THU 8 AM-12 PM & 4-7 PM | FRI-SAT 8 AM-12 PM

(912) 638-5600 • THECLUBSSI.COM • \$25 NON-MEMBER DROP-IN

GROUP FITNESS • AQUATICS • OPEN PLAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 Early Bird Cycle Cycle Studio • Karen • 45 min	5:45 TBC Gym • Chris	5:45 Early Bird Cycle Cycle Studio • Karen • 45 min	5:45 TBC Gym • Chris	5:45 Early Bird Cycle Cycle Studio • Kim / Shelly • 45 min	8:00 Cycle Cycle Studio • Amy • 45 min
8:00 Group Power Studio 1 • Karen	5:45 Group Power Studio 1 • Karen	5:45 HIIT Studio 2 • Kim	5:45 Group Power Studio 1 • Kim	7:00 Pickleball Open Play Gym • \$10 non-members	8:30 Aqua Fit Pool • Rotation
8:00 HIIT Studio 2 • Kim	8:30 Cycle Cycle Studio • Elaine • 45 min	8:00 Group Power Studio 1 • Karen	8:30 Cycle Cycle Studio • Joy • 45 min	8:00 Group Power Studio 1 • Roxana	9:00 Step Studio 2 • Shelly
8:30 Cycle Cycle Studio • Roxana • 45 min	8:30 Aqua Fit Pool • Jane	8:15 Zumba! Basics Studio 2 • Roxana • 45 min	8:30 Aqua Fit Pool • Stephanie	8:30 Cycle Cycle Studio • Staff • 45 min	9:00 Group Power Studio 1 • Staff
9:15 Heart Smart Studio 2 • Yolanda	9:30 Deep Water Pool • Jane	8:30 Cycle Cycle Studio • Tasha	9:30 Deep Water Pool • Stephanie	9:15 Heart Smart Studio 2 • Shelly	9:00 Basketball Open Play Gym • \$10 non-members
9:30 Stretch 101 Yoga 1 • Joy • 45 min	9:30 Strength & Tone Studio 1 • Yolanda • 45 min	9:15 Heart Smart Studio 1 • Anna	9:30 Strength & Tone Studio 1 • Joy • 45 min	9:30 Stretch 101 Yoga 1 • Yolanda • 45 min	10:15 Zumba! Studio 1 • Staff
10:30 Zumba! Studio 1 • Jessica	10:30 TRX Studio 2 • Jessica	9:30 Stretch 101 Yoga 1 • Jenna • 45 min	10:30 TRX Studio 2 • Jessica	9:30 Zumba! Studio 1 • Jessica	
5:30 Group Power Studio 1 • Kim	1:00 Parkinson's Adaptive Fitness Studio 1	10:30 Zumba! Studio 1 • Jessica / Anna	10:30 Barre Studio 1 • Anna • 45 min		
5:00 Basketball Open Play Gym • \$10 non-members	4:30 TRX Studio 2 • Roxana • 45 min	1:00 Parkinson's Chair Fitness Studio 1	1:00 Parkinson's Adaptive Fitness Studio 1		
	5:30 Zumba! Studio 1 • Roxana	5:00 Pickleball Open Play Gym • \$10 non-members	4:30 Barre Fusion Studio 2 / Advanced • Jess / Roxana • 45 min		
	5:30 Strength Club Studio 2 • Amy K.	5:30 Group Power Studio 1 • Roxana	5:30 Zumba! Studio 1 • Roxana		
			5:30 Strength Club Studio 2 • Amy K.		
			6:45 PM PUMP Cycle Cycle Studio • Tasha		
				3:00 Pickleball Open Play Gym • \$10 non-members	

All classes are 60 minutes unless otherwise noted. Schedule subject to change.

SEPTEMBER 2026