

NOVEMBER YOGA SCHEDULE / ALSO ONLINE


















| monday | tuesday | wednesday |
|--|---|--|
| 6:30 Awakenings Yoga Level 1 Margie / 45 Min  | 6:30 Hot Yoga Advanced Megan / 45 Min  | 6:30 Awakenings Yoga Level 1 Anne C/Anne G/ 45 Min  |
| 8:15 Hatha Yoga Multi-Level Julie  | 8:15 Open Flow Advanced Robin  | 8:15 Power Flow Advanced Robin  |
| 9:30 Hot Yoga Advanced Tannis  | 10:00 Foundations Yoga Level 1 Karen  | 9:30 Mat Pilates / S1 Multi-Level Yolanda / 45 Min  |
| 9:30 Mat Pilates / S1 Multi-Level Jessica / 45 Min  | 10:15 Hot Yoga Advanced Tannis / 75 Min  | 9:45 Stretch 101 Multi-Level Amy / 45 Min  |
| 9:45 Stretch 101 Multi-Level Joy / 45 Min  | 11:30 Yin Yoga Multi-Level Janita / 75 Min  | 10:15 Hot Yoga Advanced Mandy  |
| 10:45 Stretch 101 Multi-Level Amy / 45 Min  | 5:30 Power Flow Advanced Robin / 75 Min  | 10:45 Stretch 101 Multi-Level Joy / 45 Min  |
| 4:00 Gentle Practice Yoga Level 1 Karen  | 5:45 Restorative Yoga / S2 Multi-Level Mandy / 75 Min  | 4:00 Gentle Practice Yoga Level 1 Janita  |
| 5:30 Hot Yoga Multi-Level Lawanda / 75 Min  | | 5:30 Hot Yoga Advanced Mandy / 75 Min  |
| 5:30 Mat Pilates / S2 Multi-Level Roxana / 45 Min  | | 5:30 Mat Pilates / S2 Multi-Level Jessica / 45 Min  |
| 6:00 Flow & Slow Yoga Multi-Level Anne G.  | | 6:00 Hatha Yoga Multi-Level Connie  |

**THANKSGIVING
HOURS: 6-10AM
NO LOCKER ROOMS
NO CLASSES**

NEW

**SUNDAY CLASS
OPEN FLOW WITH
SUSANNE, HANNAH, JULIE
9-10 A.M.**

THERE IS A CLASS FOR EVERY YOGI

| thursday | friday | saturday |
|--|---|---|
| 6:30 Hot Yoga  Multi-Level Reanna / 45 Min | 6:30 Awakenings Yoga  Level 1 Connie / 45 Min | 8:45 Hot Yoga  Susanne 75 Min |
| 8:15 Open Flow  Advanced Robin | 8:15 Hatha Yoga NEW  Baptiste Flow Lawanda | 9:15 Open Flow  Multi-Level / 75 Min Anne C./Lawanda |
| 9:30 Mat Pilates / S1  Advanced Yolanda / 45 Min | 9:30 Mat Pilates / S1  Multi-Level Melissa A / 45 Min | 11:00 Club Ashtanga  11.07, 11.14 Lindsey |
| 10:00 Foundations Yoga  Level 1 Karen | 9:45 Stretch 101  Multi-Level Yolanda / 45 Min | |
| 11:30 Hart Yoga  Multi-Level John | 10:15 Hot Yoga  Advanced Julie / 75 Min | 8:45 Hot Yoga  Multi-Level Anne C. / 75 Min |
| 4:00 Hot Slow Flow Yoga  Multi-Level Hannah | | 9:00 Open Flow NEW  Multi-Level Susanne, Hannah, Julie |
| 4:30 Barre Fusion / S2  Advanced Jessica / 45 Min | | 4:30 Simply Sunday Yoga  Gentle Staff |
| 6:30 Yin Yoga  Multi-Level Karen / 75 Min | | |

PLEASE RESPECT OUR CLASS ETIQUETTE

See front desk for details.

Non-members Fees

Drop in \$15 class or 10 classes for \$120
Classes are 60 minutes unless otherwise noted.

Hours

Mon-Fri: 5 a.m.-9 p.m.
Sat-Sun: 7 a.m.-7 p.m.

(912) 638.5600 theclubssi.com



LIVE. LOVE. BREATHE. REPEAT.