

























# SEPTEMBER YOGA SCHEDULE / ALSO ONLINE

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











**CPR CLASS**  
**SEPT. 18TH, 12 Noon-3 P.M.**



**Aqua classes**  
**ARE BACK!**

THERE IS A CLASS FOR EVERY YOGI

thursday	friday	saturday
6:30 <b>Hot Yoga</b>  Multi-Level Reanna / 45 Min	6:30 <b>Awakenings Yoga</b>  Level 1 Connie / 45 Min	8:45 <b>Hot Yoga</b>  Advanced Staff / 75 Min
8:15 <b>Open Flow</b>  Advanced Robin	8:15 <b>Hatha Yoga</b>  Multi-Level Lawanda	9:15 <b>Open Flow</b>  Multi-Level / 75 Min Susanne/Lawanda
9:45 <b>Mat Pilates / S1</b>  Advanced Melissa	9:30 <b>Mat Pilates / S1</b>  Multi-Level Melissa A / 45 Min	11:00 <b>Club Ashtanga</b>  <b>09.05 &amp; 09.19</b> Lindsay
10:00 <b>Foundations Yoga</b>  Level 1 Karen	9:45 <b>Stretch 101</b>  Multi-Level Yolanda / 45 Min	
11:30 <b>HartYoga</b>  Multi-Level John	10:15 <b>Hot Yoga</b>  Advanced Julie / 75 Min	8:45 <b>Hot Yoga</b>  Multi-Level Anne C. / 75 Min
4:00 <b>Hot Slow Flow Yoga</b>  Multi-Level Hannah		4:30 <b>Simply Sunday Yoga</b>  Multi-Level Staff
4:30 <b>Barre Fusion / S2</b>  Advanced Jessica / 45 Min		
6:30 <b>Yin Yoga</b>  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.