

# NEWS & EVENTS

NOVEMBER 2018 ISSUE | THEIONCLUB.COM

## *upcoming events*

### Holiday Hours

The clubhouse will have adjusted operational hours on November 22 and November 24, so our staff may enjoy the holiday with their families.

#### **Wednesday, November 22**

The Clubhouse will close at 5 p.m. The Porch restaurant will be closed for dinner service. The pool, fitness and tennis facilities will remain open. Group fitness classes will not meet.

#### **Thursday, November 23**

The Clubhouse and Porch restaurant will be closed. The pool, fitness and tennis facilities will remain open.

Group fitness classes will not meet.

#### **Friday, November 24**

Group fitness classes will not meet.

### CLUB CONTACT:

Main ● 843-971-7834  
www.theionclub.clubsoftlinks.com

### OFFICE HOURS:

#### Clubhouse Open:

Monday-Friday ● 7:30 a.m.-8 p.m.  
Saturday & Sunday ● 7:30 a.m.-5 p.m.

#### Pools Hours with Winter Blanket:

Beginning November 5  
Monday-Friday ● 5:30 a.m.-8 p.m.  
Saturday & Sunday ● 6 a.m.-6 p.m.

#### Tennis Courts Open:

7 a.m.-10 p.m.

#### Fitness Center:

Open 24 Hours

### Bingo

Wednesday, November 14 & 28  
6 p.m.

Two nights this month to have fun and win! Come enjoy special dinner prices at The Porch and a few rounds of B-I-N-G-O for club cash and prizes.

### Member Photos

A huge thanks to those who came in for 'Member' picture day and to members who could not attend and emailed a photo. In an effort to ensure appropriate access to the club and minimize incorrect billing, we are hoping to include a photo of each member into our Club Management system. Feel free to submit a photo or we can snap a quick pic at the clubhouse desk. Photos can be submitted to Britt El-Kheddiwi at membership@theionclub.com.

HAPPY  
THANKS  
GIVING

### Let Us Host Your Events!

Holidays and special events should be spent cherishing family and friends, not stressing about menus!

I'On Club will help make your hosting easier than ever before. Led by Chef Tom Makowski and his culinary team, I'On Club Catering provides

· I'ON ·  
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numerous full-service catering options including plated dinners, buffets, family-style dishes, hors d'oeuvres and cocktail receptions.

I'On Club Catering can compliment any event theme & work within any budget. Set-up, clean up, service staff, linens, china, glassware, tableware, tables and chairs are available if needed. Contact Chef Tom Makowski at t.makowski@theionclub.com.

### *tennis news*

### Cardio Tennis

Mondays: 6:30 p.m. (max. 8)  
Tuesdays: 6:30 p.m. (max.8)  
Saturdays: 7:30 a.m. (max 8)  
Saturdays: 9 a.m. (max 16)

\$18 per session, Member  
\$28 per session, Non-Member

An NTRP rating of 3.0 is recommended to get the best work out of your life. Our weekly Cardio Tennis Clinics are a club favorite. Cardio Tennis provides participants with a heart-thumping on-court workout to music. Participants learn the

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## FOOD & BEVERAGE

It's craft beer and Fall football time!

### Beer Flights & Bites

Every Thursday • 7-11 p.m.

Featuring Cooper River Brewing Company, includes \$15 flights and an appetizer prepared by Chef Tom. Join us and enjoy the game on our 75" screen while tasting local brews and cheering on your team.

### Happy Hour

Every Wednesday-Friday • 4-6 p.m.



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importance of heart rate monitoring to ensure the best results from this 90-minute cardio workout.

Cardio classes are popular—please make sure to RSVP by 5 p.m. the day before each workout.

Please contact tennis director Mehdi El-Kheddiwi at [m.elkheddiwi@theionclub.com](mailto:m.elkheddiwi@theionclub.com) for more information on our fantastic programs.

## Fall Junior Tennis Program

Our Fall Session 3 has started, but it's never too late to join the fun.

Our groups train with the following schedule:

### Tiny Tots (Age 4-7 yrs)

Monday-Friday • 3:45-4:30 p.m.

Tiny Tots is a fantastic teaching program that uses child sized racquets and nets to inspire children ages 4, 5, 6 and 7 years to get active and to learn to play tennis...but the real secret of Tiny Tots is that it is great fun!



### Future Stars (Age 8-16 yrs)

(Beginning-Intermediate)

Monday-Friday • 4-5 p.m.

(New) Saturdays • 10:30-11:30 a.m.

This is a fun introduction to the game of tennis. Program features hand-eye skills, balance, and fundamental tennis skills. This tennis program will feature the quick start format using special balls and nets for maximum learning and fun.

### High Performance (All ages)

(Intermediate-Advanced)

Monday-Friday • 5-6:30 p.m.

Saturday • 12-1:30 p.m.

\*High Performance is an invitation-only program that runs year-round.

### Advanced Academy (All ages)

(Advanced /Tournament Prep)

Monday-Friday • 4:30-7 p.m.

Saturdays • 12-2:30 p.m.

\*The Advanced Academy is an invitation-only program that runs year-round.

\*High Performance and

Advanced Academy, please contact Mehdi, our Director of Tennis for information and application [m.elkheddiwi@theionclub.com](mailto:m.elkheddiwi@theionclub.com)

## I'On Junior Tennis Achievements

A special congratulations go out to the following Advanced Academy & High Performance juniors on their results at the following tournaments:

### Massage Envy Creekside L4

(October 5-7)

Mia El-Kheddiwi • Winner girls 12's singles, Winner mixed doubles 12's

Briana Bird • Semi-finals girls 12's singles

Ansley Cohen • Finalist girls 14's singles, Finalist girls 14's doubles

Grayson Rowley • Winner girls 12's singles Consolation

Amelia Roach • Finalist girls 10's singles, Finalist girls 10's doubles

AK Wilbourne • Quarterfinals girls 14's singles, Finalist girls 14's doubles

Addison Roach • Quarterfinals boys 12's singles, Winner mixed doubles 12's

William Claus • Winner boys 12's singles Consolation

Charlie Claus • Finalist boys 12's singles Consolation

Harper Cohen • Finalist girls 10's doubles

### Kiawah L2 (October 12-14)

Mia El-Kheddiwi • Quarterfinals (with a match point against #1 seed) girls 12's singles, Finalist girls 12's singles Consolation

Briana Bird • Semifinals girls 12's singles Consolation, Semifinals girls 12's doubles

COME  
JOIN  
US

[ CONTINUED » ]

## MEMBER SUGGESTIONS

We are filling up the Fall calendar. What activities would you like to see added to our events? Please email Britt El-Kheddiwi at [membership@theonclub.com](mailto:membership@theonclub.com)



Addison Roach • Quarterfinals boys  
12's singles Consolation

Grayson Rowley • Semifinals girls  
12's doubles

**Pawleys Island L3**  
(October 19-21)

Briana Bird • Winner girls  
12's singles Consolation,  
Winner girls 12's doubles

Grayson Rowley • Semifinals girls  
12's singles Consolation,  
Winner girls 12's doubles

## swim news

### Lunchtime Laps

Monday-Friday • 12-1 p.m.  
Coached adult lap swimming  
with Coach Chris Roberts.  
Exercise plus swimming instruction!  
\$34 per month, per Member  
\$55 per month, per Non-Member

### Pool Closures

Adult lounge pool and baby pool  
will be covered November 5,  
for the winter season.

## fitness news

### Youth Fitness Classes for Tweens/Teens

Saturdays, November 3, 10, 17  
& December 1 • 9:30 a.m.

\$100 for the four sessions

"Encourage a lifelong habit of health and fitness with your teen or "tween," ages 11 thru 16. We will work on healthy competition, team play, endurance, strength, coordination and balance. Trainer, Deniece Guyan

SIGN  
UP  
TODAY

### Bring a Friend

Bring a Non-Member\* friend to any fitness class and receive a \$5 credit to your account per guest, per class.

\*Guest fee for Non-Member is applicable.

### H2O Fit For All: Water Fitness Classes

Monday-Friday • 10:30-11:30 a.m.

Free for Members  
\$65 per month for guests  
and Non-Members.

## FITNESS CLASS SCHEDULE

### Monday

5:30 a.m. • Boot Camp  
8:10 a.m. • H.I.I.T  
8:45 a.m. • Body Blast  
9:30 a.m. • Vinyasa Flow  
10:30 a.m. • Water Fitness  
11 a.m. • Senior Fit  
12 p.m. • Power Up/Power Down

### Tuesday

6 a.m. • Spin Abs\*  
8 a.m. • Insanity  
8 a.m. • Yoga  
9:15 a.m. • Cardio Abs  
10:30 a.m. • Water Fitness  
11 a.m. • Stretching  
7 p.m. • Torch

### Wednesday

5:30 a.m. • Boot Camp  
7 a.m. • Meditation  
8:10 a.m. • Circuit Burn  
8 a.m. • Pilates Mat  
8:45 a.m. • Body Blast  
9:30 a.m. • Vinyasa Flow  
10:30 a.m. • Water Fitness  
11 a.m. • Senior Fit  
12 p.m. • Power Up/Power Down  
6 p.m. • Kettlebell Cardio  
7 p.m. • Spin\*

### Thursday

8 a.m. • Insanity  
8 a.m. • Yoga with Weights  
9:15 a.m. • Cardio Abs  
10:30 a.m. • Water Fitness  
11 a.m. • Stretching  
12 p.m. • Vinyasa Flow  
7 p.m. • Torch

### Friday

5:30 a.m. • Boot Camp  
8:10 a.m. • Circuit Burn  
8:45 a.m. • Body Blast  
9:30 a.m. • Vinyasa Flow  
10:30 a.m. • Water Fitness  
11 a.m. • Senior Fit  
12 p.m. • Power Up/Power Down

### Saturday

8 a.m. • Spin\*  
9 a.m. • Kettlebell Cardio  
10 a.m. • Yoga

\*Reservation for a spin bike opens 48 hours in advance of the class. Please call the front desk to reserve your ride.

The I'On Club has a state-of-the-art fitness facility boasting 24-hour access!

# NOVEMBER



FRIDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 2 3

Cardio Tennis  
(7:30-9 a.m. &  
9-10:30 a.m.)  
Youth Fitness Class

7 8 9 10

Cardio Tennis  
(6:30-8 p.m.)

Cardio Tennis  
(6:30-8 p.m.)

Cardio Tennis  
(7:30-9 a.m. &  
9-10:30 a.m.)  
Youth Fitness Class

11 12 13 14 15 16 17

*Veterans  
Day*

Cardio Tennis  
(6:30-8 p.m.)

Cardio Tennis  
(6:30-8 p.m.)

Bingo

Cardio Tennis  
(7:30-9 a.m. &  
9-10:30 a.m.)  
Youth Fitness Class

19 20 21 22 23 24

SEE YOU  
AT THE  
CLUB  
THIS  
MONTH!

Cardio Tennis  
(6:30-8 p.m.)

Cardio Tennis  
(6:30-8 p.m.)

*Thanksgiving*

Cardio Tennis  
(7:30-9 a.m. &  
9-10:30 a.m.)

25 26 27 28 29 30

Cardio Tennis  
(6:30-8 p.m.)

Cardio Tennis  
(6:30-8 p.m.)

Bingo



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#### DAILY SCHEDULE

Clubhouse Open  
Monday-Friday • 7:30 a.m.-8 p.m.  
Saturday & Sunday • 7:30 a.m.-5 p.m.  
Tennis Courts Open • 7 a.m.-10 p.m.  
Fitness Center • Open 24 Hours

#### POOLS HOURS WITH WINTER BLANKET

Beginning November 5  
Monday-Friday • 5:30 a.m.-8 p.m.  
Saturday & Sunday • 6 a.m.-6 p.m.

#### THE PORCH RESTAURANT

Lunch: Saturday • 11 a.m.-2 p.m.  
Dinner: Wednesday-Friday • 5-9 p.m.  
Brunch: Sunday • 11 a.m.-2 p.m.  
Happy hour: Wednesday-Friday • 4-6 p.m.