

NEWS & EVENTS

AUGUST 2019 ISSUE | THEIONCLUB.COM

upcoming events

Parents Night Out

Friday, August 2 • 6-9 p.m.

Crafts with Chris, pizza and dance party on the lawn.

Kids, 4-10 years old
\$20 per member, child

Space is limited so sign up early.
Register at desk or online at the member portal.

Summer Adventure Camp

August 5-16

Summer is winding down but there's still plenty of fun to be had! Adventure

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.-7 p.m.

Pools Hours:
Monday-Sunday •
5:30 a.m.-8 p.m.

Tennis Courts Open:
7 a.m.-10 p.m.

Fitness Center:
Open 24 Hours

camp will run through August 16. Our activity-based summer camp is designed for children ages 4-10. Campers participate in a wide variety of activities including fitness, nature walks, crafts, dance parties and games.

Our weekly themed camp is designed to be active, engaging and most of all, fun!

Register at the front desk or online at www.theionclub.com/summercamps/.



COME JOIN THE FUN

Bingo at the Porch

Thursday, August 22 • 6 p.m.

An evening of fun and prizes! Games begin promptly at 6 p.m. Come enjoy special dinner prices and a few rounds of B-I-N-G-O for club cash and prizes.

Sushi & Sinatra Nights

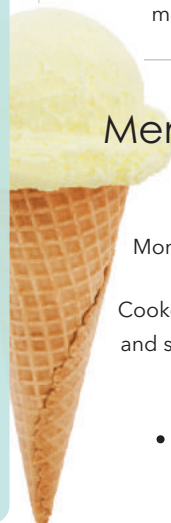
Wednesdays at The Porch
Dinner service • 5-9 p.m.

Live music with Lucas Clare from 6-9 p.m. Japanese-inspired menu and kids menu available.

Member Labor Day Celebration

Monday, September 2 • 12-4 p.m.

Cookout, water slide, inflatable slip and slide, live music and coin toss.



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tennis news

Junior Tennis Camps

Summer is winding down, but camp is still going strong! Tennis camp provides the ultimate in fun, sport and convenience. We accept all levels and drop-ins are welcome too. Ages 5 and up. Registration forms and all the details can be found at www.theionclub.com/summercamps/. Our summer schedule runs Monday-Friday through August 16.

New! Cardio Tennis Schedule

Tuesdays: 6 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 importance of heart rate

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JUNIOR TEAM TENNIS STATE CHAMPIONSHIPS

Congratulations to the I'On U12 Advanced JTT Team (to right). They had a great weekend full of fun and tough competition bringing home Finalist 2nd place.

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 for more information on our fantastic programs.

UTR Adult Tournament at I'On!

October 11-13

It's been a while but adult tournament time is back!

Our partner, Charleston Tennis Circuit, is bringing a first-ever verified Universal Tennis Rating adult tournament to our courts. Highlights include guaranteed singles and double matches and a Saturday 80s-theme player's party with beer, wine and food! We will announce more in the weeks and months to come.



Tennis Etiquette

A huge thanks to our members for being courteous and attentive by brushing and lining the courts after play. We see you!

US Open Tennis Mixer

Saturday, August 24 • 4-8 p.m.

Made-to-order grill station featuring meat, fruit and veggie skewers. Taste the Honey Deuce, the official drink of the US US Open. Social doubles played within a competitive and fun format.

\$35 per member,
\$45.50 per member guest

Min. 12 participants. Max. 28.

Fall Junior Tennis

After school programs are starting soon!

The first semester will run from August 19-December 22.

Our programs provide the perfect after-school activity for kids to learn valuable sports skills as well as life skills.

Registration forms available at the front desk and online at www.theionclub.com/junior-programs/.



swim news

Junior Swim Lessons

Tuesdays & Thursdays • 4-5 p.m.

Our last session of summer Swim School is this month. August 6-29. Group lessons are for beginner to advanced swimmers age 3-8. Private lessons can be scheduled at your preferred days and times, but quickly fill up.

Contact Maggie Ashley at m.ashley@theionclub.com to enroll your child today.

Lunchtime Laps

Monday-Friday • 12-1 p.m.

Coached adult lap swimming with Coach Chris Roberts.

Exercise plus swimming instruction.

\$34 per month, members
\$55 per month, non-members

Lifeguards

On duty at Jr. Olympic pool, 12-8 p.m. daily until August 20. Then Fridays, 4-8 p.m., Sat & Sun 12-8 p.m. through Labor Day.

SIGN UP TODAY

WE WANT TO KNOW

What events/socials do you want at the club? Member suggestions and ideas are always welcome. Email membership@theionclub.com with your feedback!



any post physical therapy recovery you may need. Contact Maggie Ashley to set up a consultation m.ashley@theionclub.com.

Through Bobby Jones Explorer, you can access special benefits including travel planning, reciprocal golf privileges, entertainment opportunities, discounts, and more.

COME VISIT US

Bobby Jones Explorer

Your member benefits are better than ever before!

For more information you can contact the Bobby Jones Concierge Desk at concierge@bobbyjoneslinks.com.

fitness news

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

Non-Member Rates

5 pack visit, \$50

10 pack visit, \$70

20 pack visit, \$100

Personal Training

We are halfway through 2019! Has your fitness resolution hit a wall? We have the best personal trainers on staff to help get you motivated and back on track. They can also assist with

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. • Aqua Aerobics
- 11 a.m. • Senior Fit
- 12 p.m. • Power Circuit

Tuesday

- 6 a.m. • Spin Abs*
- 8 a.m. • Body Awake
- 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 Circuit
- 6 p.m. • Kettlebell Cardio
- 7 p.m. • Spin*

Thursday

- 8 a.m. • Body Awake
- 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 Circuit




Saturday

- 8 a.m. • Spin*
- 9 a.m. • Kettlebell Cardio
- 10 a.m. • Yoga (Intermediate to Advanced)

*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!

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Sunday Brunch at The Porch, 11 a.m.-2 p.m.			 Happy Hour at The Porch, 4-6 p.m.	1 Happy Hour at The Porch, 4-6 p.m.	2 Local Live Music at The Porch, 6-9 p.m. Happy Hour at The Porch, 4-6 p.m. Parents Night Out	3 Cardio Tennis, 7:30 a.m. & 9 a.m.
		Cardio Tennis, 6-7:30 p.m.	Happy Hour at The Porch, 4-6 p.m. Sushi & Sinatra, 5-9 p.m.	8 Happy Hour at The Porch, 4-6 p.m. Bingo Night at The Porch	9 Local Live Music at The Porch, 6-9 p.m. Happy Hour at The Porch, 4-6 p.m.	10 Cardio Tennis, 7:30 a.m. & 9 a.m.
11 Sunday Brunch at The Porch, 11 a.m.-2 p.m.		13 Cardio Tennis, 6-7:30 p.m.	14 Happy Hour at The Porch, 4-6 p.m. Sushi & Sinatra, 5-9 p.m.	15 Happy Hour at The Porch, 4-6 p.m.	16 Local Live Music at The Porch, 6-9 p.m. Happy Hour at The Porch, 4-6 p.m. Summer Adventure Camp	17 Cardio Tennis, 7:30 a.m. & 9 a.m.
18 Sunday Brunch at The Porch, 11 a.m.-2 p.m.	19	20 Cardio Tennis, 6-7:30 p.m.	21 Happy Hour at The Porch, 4-6 p.m. Sushi & Sinatra, 5-9 p.m.	22 Happy Hour at The Porch, 4-6 p.m. Bingo Night at The Porch	23 Local Live Music at The Porch, 6-9 p.m. Happy Hour at The Porch, 4-6 p.m.	24 Cardio Tennis, 7:30 a.m. & 9 a.m. US Open Tennis Mixer
25 Sunday Brunch at The Porch, 11 a.m.-2 p.m.	26	27 Cardio Tennis, 6-7:30 p.m.	28 Happy Hour at The Porch, 4-6 p.m. Sushi & Sinatra, 5-9 p.m.	29 Happy Hour at The Porch, 4-6 p.m.	30 Local Live Music at The Porch, 6-9 p.m. Happy Hour at The Porch, 4-6 p.m.	31 Cardio Tennis, 7:30 a.m. & 9 a.m.



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DAILY SCHEDULE

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

POOLS HOURS

Monday-Sunday • 5:30 a.m.-8 p.m.

THE BACK PORCH POOLSIDE CAFÉ

Monday-Sunday • 12-6 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.