

NEWS & EVENTS

SEPTEMBER 2019 ISSUE | THEIONCLUB.COM

upcoming events

Labor Day Celebration at The Club

Monday, September 2 • 12-4 p.m.
(weather permitting)

Cookout on the lawn, water slide,
inflatable slip and slide, live
music and coin toss in the pool.

Bingo at the Porch

Thursday, September 19
Now starting at 5 p.m.

An evening of fun and
prizes! Games begin promptly
at 5 p.m. Come enjoy special
dinner prices and a few rounds of
B-I-N-G-O for club cash and prizes.

COME
CELEBRATE
AT I'ON

Sushi & Sinatra Nights

Wednesday nights at The Porch
5-9 p.m.

Live Sinatra tunes with John White.
Sushi and kids menu available.

Mixing it Up on Friday Nights!

Friday, September 20 • 6 p.m.

Adult tennis social. Mark your calendars and come get social with your friends, old and new, on Fridays! Our tennis socials bring together the fun, the food and the drinks. No doubles partner, no worries. We will pair you up! Just bring your game and your smile, we've got the rest. RSVP to m.elkheddiwi@theionclub.com

Back Porch Poolside Café

The poolside café will be open through Labor Day, September 2 from 12-6 p.m. and will then close for the season.

tennis news

Fall Junior Tennis Programs

Our Fall semester has started!

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After school junior groups train with the following schedule:

Tiny Tots - Age 4-7 yrs

Monday-Friday • 4-4:45 p.m.
Monday-Wednesday • 4:45-5:30 p.m.
"Tiny Tots NEXT"

Tiny Tots is a fantastic teaching program that uses child sized racquets and nets to inspire children aged 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.

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.

This program is for the intermediate to advanced tennis player. All participants are grouped according to age and skill ability. The main goal

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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:
Monday-Sunday •
5:30 a.m.-8 p.m.

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

Fitness Center:
Open 24 Hours

EMPLOYEE SPOTLIGHT

Congratulations to the following employees for receiving the **Bobby Jones Links Grand Slam Award** for the month of August: Thomas Rodenberg, Lucas Clare, John Rowe and Ari Levine (shown above, from L to R)



of this program is to provide solid tennis instruction in a challenging environment. The program is designed for students who are playing in upcoming middle, high school and college prep tennis and local tournaments.

Junior Tennis Advanced Academy

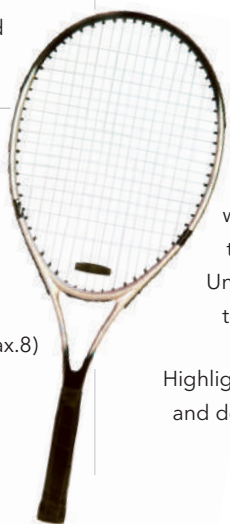
All ages (evaluation required)

Advanced Academy recognizes the need for intense tennis training that is conducive to every individual's progress. We are developing the 'whole athlete.' To achieve this, we incorporate off court strength & conditioning, a once a week yoga session, high performance food program, meditation and visualization. The goal is to produce well-rounded and educated athletes that are prepared for college and after.

**High Performance and Advanced Academy, please contact the Tennis Director for information and application m.elkheddiwi@theionclub.com. All other Fall registration forms are located at the front desk and online at www.theionclub.com.*

New! Cardio Tennis Schedule

New Time! 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 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 for more information on our fantastic programs.

raffle prizes and a Saturday 80s-theme players party with beer, wine and food! Please register here www.myutr.com/events/7726.

swim news

Private Swim Lessons

Private lessons are a one-on-one session with an I'On Club certified Water Safety Instructor. Lesson times are scheduled with your instructor and are for Ages 3-Adult. It's never too late to learn. And, since our Jr Olympic pool is temperature controlled all year long, anytime is the perfect time.

Contact Chris Roberts at c.roberts@theionclub.com to enroll today.

SIGN UP TODAY

Tennis Etiquette

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

UTR Adult Tournament at I'On!

October 11-13

You asked for it, and we're bringing it! We have partnered with Charleston Tennis Circuit to bring a first-ever verified Universal Tennis Rating adult tournament to our courts.

Highlights include guaranteed singles and double matches, Solinco string,

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

2019 was a safe and super fun summer season. Thanks to all the lifeguards who made it a success. Last day for guards will be Monday, September 2 from 12-8 p.m.

I'ON INFLUENCERS

Who is an I'On Influencer? An influencer/ambassador is a trusted member who utilizes the facility, loves the club and is willing to help facilitate and include **new** members into the club environment and club activities. If you are interested in being an I'On Influencer or wish to recommend a current member who you think will be a great fit, please contact Britt, our Membership Director at membership@theionclub.com.



m.vargas@theionclub.com to inquire about availability and pricing.

Bobby Jones Explorer

Your member benefits are better than ever before! Through Bobby Jones Explorer, you can access special benefits, including travel planning, reciprocal golf privileges, entertainment opportunities, discounts, and more. For more information you can contact the Bobby Jones Concierge Desk at concierge@bobbyjoneslinks.com.

Let Us Host Your Event

Do you have an upcoming special event, celebration or holiday party? The Porch is the perfect setting to host these special gatherings. Chef Mike Vargas and his team are available to help create fabulous moments to remember. You may reach Mike at

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

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

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!

SEPTEMBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|----------------------------------|--|--|--|---|
| 1 Come Try Brunch at The Porch, 11 a.m.-2 p.m. | 2 <i>Labor Day</i> Labor Day Celebration at The Club | 3 Cardio Tennis, 6:30-8 p.m. | 4 Happy Hour at The Porch, 4-6 p.m. Sushi & Sinatra | 5 Happy Hour at The Porch, 4-6 p.m. | 6 Local Live Music at The Porch, 6-9 p.m.* Happy Hour at The Porch, 4-6 p.m. | 7 Cardio Tennis, 7:30 a.m. & 9 a.m. |
| 8 Come Try Brunch at The Porch, 11 a.m.-2 p.m. |  | 10 Cardio Tennis, 6:30-8 p.m. | 11 Happy Hour at The Porch, 4-6 p.m. Sushi & Sinatra | 12 Happy Hour at The Porch, 4-6 p.m. | 13 Local Live Music at The Porch, 6-9 p.m.* Happy Hour at The Porch, 4-6 p.m. | 14 Cardio Tennis, 7:30 a.m. & 9 a.m. |
| 15 Come Try Brunch at The Porch, 11 a.m.-2 p.m. |  | 17 Cardio Tennis, 6:30-8 p.m. | 18 Happy Hour at The Porch, 4-6 p.m. Sushi & Sinatra | 19 Happy Hour at The Porch, 4-6 p.m. Bingo | 20 Local Live Music at The Porch, 6-9 p.m.* Happy Hour at The Porch, 4-6 p.m. Mixing It Up, Tennis Social | 21 Cardio Tennis, 7:30 a.m. & 9 a.m. |
| 22 Come Try Brunch at The Porch, 11 a.m.-2 p.m. | 23 | 24 Cardio Tennis, 6:30-8 p.m. | 25 Happy Hour at The Porch, 4-6 p.m. Sushi & Sinatra | 26 Happy Hour at The Porch, 4-6 p.m. | 27 Local Live Music at The Porch, 6-9 p.m.* Happy Hour at The Porch, 4-6 p.m. | 28 Cardio Tennis, 7:30 a.m. & 9 a.m. |
| 29 Come Try Brunch at The Porch, 11 a.m.-2 p.m. | 30 | | | | | |



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*Through October 18.

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

Monday-Sunday • 5:30 a.m.-8 p.m.

THE BACK PORCH
POOLSIDE CAFÉ
Monday-Sunday • 12-6 p.m.
(open through Labor Day)

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.