

# NEWS & EVENTS

OCTOBER 2019 ISSUE | THEIONCLUB.COM

## *upcoming events*

### Bingo at the Porch

Thursday, October 17

Games begin promptly at 5:30 p.m.  
Come enjoy special dinner prices  
and a few rounds of B-I-N-G-O  
for club cash and prizes.

### Pumpkin Plunge

Friday, October 25 • 5:30 p.m.

\$10 per member, child

Pumpkins of all sizes will be floating  
in the Jr. Olympic pool and we  
need your help to get them out!

Take a dive, find your favorite and  
then stay to decorate it spooky.

### CLUB CONTACT:

Main • 843-971-7834  
[www.theionclub.clubsoftlinks.com](http://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

Please register with the front desk  
by Tuesday, October 22.

### Sushi & Sinatra Nights

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

Live Sinatra tunes.  
Sushi and kids menu available.

### Halloweenie Martini - New Member Meet & Greet!

Wednesday, October 30  
4:30-5:30 p.m.

Meet and mingle with I'On Members  
and staff. Light hors d'oeuvres will be  
served along with a complimentary  
'spooky inspired' martini. Happy hour  
pricing will be available for beverages.

Festive attire encouraged.

Existing members are welcome  
to join in on the fun.

Please register with the front desk  
by Tuesday, October 29.

### Manager's Luncheon

Saturday, November 2 • 12 p.m.

We invite you to share feedback  
about club operations, meet the

• I'ON •  
CLUB



new GM and enjoy a complimentary  
lunch on Saturday, November 2. The  
lunch begins at 12 p.m. with Mehdi  
El-Kheddiwi, I'On Club's  
General Manager.

Space is limited to the first  
10 members to sign up.  
Please register with the front desk.

### 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 [m.vargas@theionclub.com](mailto:m.vargas@theionclub.com) to inquire about  
availability and pricing.

### *tennis news*

### UTR Adult Tournament at I'On!

You asked for it, and we're bringing it!

[ CONTINUED » ]



## EMPLOYEE SPOTLIGHT

Please welcome Tennis Professional, **Tomas Pardo** to I'On. Tomas is from Bogota, Colombia. He joins us from Van Der Meer Tennis Academy in Hilton Head Island, SC. Tomas recently graduated with a Bachelor's degree in Business Management and Finance from Belmont Abbey College in Charlotte, NC where he also played tennis and was captain of the Men's tennis team. Tomas now resides in Mount Pleasant. He loves playing high competitive tennis and soccer and also enjoys working out as well as being outdoors. You may also see Tomas assisting with maintenance and the front desk.



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](mailto:m.elkheddiwi@theionclub.com) for more information on our fantastic programs.

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 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.



## Fall Junior Tennis Programs

Fall semester is in full swing! Never too late to join us on court. 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.

### 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*

## 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



## BOBBY JONES LINKS CLOVERLEAF AWARD RECIPIENTS FOR SEPTEMBER

Having Bill and Jo Lawson apart of the I'On Club team has been truly an honor. They promptly arrive every single morning, without question, to open the club and greet our members by name with a smile on their face. It's hard to put into words the value they bring to our staff and our members. They play a vital role when it comes to serving our customers on a highest level especially when it comes to the day-to-day demands required when you are at the front desk. We appreciate all that Bill & Jo have done and continue to do. Congratulations, Bill and Jo!



COME  
VISIT  
TODAY

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.

### *fitness 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

## 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

at [m.elkheddiwi@theionclub.com](mailto:m.elkheddiwi@theionclub.com).  
All other Fall registration forms are located at the front desk and online at [www.theionclub.com](http://www.theionclub.com).

## Tennis Etiquette

Ball Machine: After your session, please pick up and return all the balls to the machine. Remember balls can land under benches and outside of the fence. If you can see them, please retrieve them. Thank you!

### *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, members  
\$55 per month, 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. • 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!

# OCTOBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

Cardio Tennis,  
6:30-8 p.m.

2

Happy Hour at  
The Porch, 4-6 p.m.  
Sushi & Sinatra,  
5-9 p.m.

3

Happy Hour  
at The Porch,  
4-6 p.m.

4

Live Music, 6-9 p.m.  
Happy Hour at  
The Porch, 4-6 p.m.

5

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

8

Cardio Tennis,  
6:30-8 p.m.

9

Happy Hour at  
The Porch, 4-6 p.m.  
Sushi & Sinatra,  
5-9 p.m.

10

Happy Hour  
at The Porch,  
4-6 p.m.

11

Live Music, 6-9 p.m.  
Happy Hour at  
The Porch, 4-6 p.m.  
UTR Adult  
Tournament

12

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

UTR Adult  
Tournament

13

UTR Adult  
Tournament

14

*Columbus  
Day*

15

Cardio Tennis,  
6:30-8 p.m.

16

Happy Hour at  
The Porch, 4-6 p.m.

17

Happy Hour  
at The Porch,  
4-6 p.m.  
Bingo at The Porch

18

Live Music, 6-9 p.m.  
Happy Hour at  
The Porch, 4-6 p.m.

19

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

20

SEE YOU  
AT THE  
CLUB  
THIS  
MONTH!

22

Cardio Tennis,  
6:30-8 p.m.

23

Happy Hour at  
The Porch, 4-6 p.m.  
Sushi & Sinatra,  
5-9 p.m.

24

Happy Hour  
at The Porch,  
4-6 p.m.

25

Live Music, 6-9 p.m.  
Happy Hour at  
The Porch, 4-6 p.m.  
Annual Pumpkin  
Plunge & Fall  
Festival, 5:30 p.m.

26

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

27

29

Cardio Tennis,  
6:30-8 p.m.

30

Happy Hour at  
The Porch, 4-6 p.m.  
Sushi & Sinatra,  
5-9 p.m.  
Halloweenie Martini  
Member Mingle  
at The Porch,  
4:30-5:30 p.m.

31

*Halloween*

Happy Hour  
at The Porch,  
4-6 p.m.



· I'ON ·  
CLUB

#### 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 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.