

NEWS & EVENTS

MARCH 2020 ISSUE | THEIONCLUB.COM

upcoming events

Monthly Member Spotlight

It's time to get to know your fellow members! *Every member is unique and has a story.* Each month we want to share a little behind the scenes look at who they are and what they enjoy doing in and outside the club. If you wish to nominate a fellow member or be featured yourself, please email Britt at membership@theionclub.com.

Welcome New Members

Scott and Mona Buehler
Jason Kattler
The Haefner family

HAPPY
SPRING

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:
5:30-9 p.m.

Caitlin Morris
James Mackie
Carl Allison and Paula Shugart
Rick and Kathryn Sequerth
Andrea Martin and David Gordon
The Wright Family
Betsy Davis
Jeffrey Till

Oyster Roast

Sunday, March 8 • 4-7 p.m.

RSVP with the front desk for a fun afternoon of oysters, libations, and kid friendly snacks.

We will be giving short tours of the facilities to explain upcoming renovations as well as future visions for the Club. We hope to see you there!

tennis news

Pickleball at I'On Club!

Court 6, on the far eastern side of the Club, has been re-stripped as three pickle ball courts. Note: this is something of a trial for the Club, and we'd really like to know what you think.

Typically, Pickleball is played on a hard surface, but is increasingly being played on clay in different parts of the country. We have several paddles and balls at the front desk. Come by and give this fast-growing sport a try. Our tennis staff is preparing lessons and workshops. Stay tuned!



2020 Junior Tennis Programs

Spring semester is balling!
Never too late to join us on court.

Tiny Tots - Age 4-7 yrs
Monday-Thursday • 4-4:45 p.m.

Tiny Tots is a fantastic teaching program that focuses on athletic development and enjoyment on court. It encourages the juniors to be active and learn to play tennis...but the real secret of Tiny Tots is that it is great fun!

Future Stars - Age 8-13 yrs
(Beginning-Intermediate)
Monday-Friday • 4-5 p.m.

This is an introduction to the fundamentals of tennis. This program features hand-eye coordination, balance and stroke development. This tennis program will feature the quick start format using special balls for maximum learning with the emphasis on fun.

High Performance - All Ages
(Intermediate-Advanced)
Monday-Friday • 5-6:30 p.m.
Saturday • 12:30-2 p.m.

This program is for the advancing tennis player. Participants are selected according to age and skill ability.



**I'ON
CLUB**

[CONTINUED »]

BE SOCIAL



Snap, Post, Tag & Win!

Show us how much fun you're having at the club. We'll pick a lucky winner each week and award \$25 in club cash! Use hashtag #LIFEATION.

The main goal is to provide solid tennis instruction in a challenging environment. The program is designed for students who are playing local tournaments and school tennis.

Junior Tennis Advanced Academy All Ages (evaluation required)

Advanced Academy recognizes the need for intense tennis training toward the individual athlete player. We develop the 'whole athlete' by incorporating off court strength & conditioning, a once a week yoga session 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 our Tennis Director, Chris Kiesel for information and application c.kiesel@theionclub.com. All other registration forms are located at the front desk and online at www.theionclub.com.*

New Tennis Clinics

Dynamite Doubles • Sundays
10:30 a.m.-12 p.m. (6 spaces available)
\$30 per person

- For league/competitive players looking to heighten their doubles instincts
 - College and pro doubles drills focused on position, shot selection and anticipation
 - Spanish Style warm-up drills to get your reps in



- Fun and fast to get your heart pumping

Stroke to Rally • Fridays
10-11 a.m. (6 spaces available)
\$20 per person

- Beginner/Intermediate players looking to improve their swings and get back to basics
- Progress from technique to rally during the class.
- Great way to improve in a low pressure environment

Sign up with the clubhouse desk.

New Tennis Services

I'On Club is happy to announce a partnership with **String Theory Racquet Services**. We have teamed up with owner William Wert, Charleston's only United States Racquet Stringing Association (USRSA) Master Racquet Technician, Certified Stringer and Professional Racquet Advisor. This means that we have expanded our racquet services to better serve you.

Please ask for our menu of services at the front desk or email m.elkheddiwi@theionclub.com with your racquet questions.

Cardio Tennis is a Favorite!

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

Cardio Tennis combines drilling and fast-paced point play to the sound of music. A playing level of 3.0 and above is recommended. You can sign-up at the front desk to be added to our weekly sign-up list. *Also, if you must cancel, please do so within 24 hours so that your spot can be filled.



COME JOIN THE FUN

swim news

Lunchtime Laps

Monday-Friday • 12-1 p.m.

Coached adult lap swimming with Coach Chris Roberts. Exercise plus swimming instruction.
FREE for Members.
Email c.roberts@theionclub.com.

H2O Fit For All: Water Fitness Classes

Monday-Friday • 10:30-11:30 a.m.

FREE for Members.
Email c.roberts@theionclub.com.

Private Swim Lessons

Ages 3-Adult
(Never too late to learn!)

Private swim lessons can be scheduled directly with an I'On certified instructor. Sold in packages of 5 lessons, each lesson thirty minutes. Packages can also be shared between siblings and never expire.

Registration forms available online and at the front desk.

Pool Blanket 'Safety Reminder'

Please remember swimming is prohibited when the pool is covered. Do not attempt to stand or walk on the pool blanket - it is not a safety cover and will not support you. Do not swim under any part of the pool blanket. Do not attempt to remove the pool blanket. Thank you.

POOL COIN DIVE!

Saturday, March 14 • 12 p.m.

St. Patrick's Day "pot-o-gold" coin dive. Meet at the Jr. Olympic Pool and dive for \$200 in coins. Sign up with the clubhouse desk or online at member portal.



With Instructor Donna Collins
Limited to 12 Spots
Registration and
pre-payment required.

Have you been wanting to start a yoga practice or are you looking to reacquaint yourself after an absence? Join Donna Collins for this 6 week beginner series. It will provide you with the FUNdamentals and confidence to attend a yoga class.

\$120 per Member
\$160 per Non-Member

Avis Campbell & Shannon Miller will offer tips and strategies for tackling your solo runs and races, as well as offering a glimpse into how they utilize nutrition to support their running programs.

This is guaranteed to be an energetic and inspiring program to have you running your very first (or first in a long time) 10K!

Sign up with the clubhouse desk or online at member portal.

SIGN UP TODAY

Swim School

Tuesday, March 3 • 4-4:30 p.m.
Starts in March

The first class will be on Tuesday, March 3. Classes will be held on Tuesdays and Thursdays. Eight classes per session and sessions run consecutively through mid-August.

Couch to 10K

8 week series to prepare for the Bridge Run "Let's Get Over It Together"

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 Circuit
- 6 p.m. • Yoga with Patrick

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

Tuesday

- 6 a.m. • Spin*
- 8 a.m. • Body Awake
- 8 a.m. • Yoga
- 9:15 a.m. • Stretching
- 10:30 a.m. • Water Fitness
- 11 a.m. • Stretching
- 7 p.m. • Torch

Friday

- 5:30 a.m. • Boot Camp
- 8:10 a.m. • Circuit Burn
- 8:45 a.m. • Body Blast
- 9 a.m. • HIIT with Denise
- 9:30 a.m. • Vinyasa Flow
- 10:30 a.m. • Water Fitness
- 11 a.m. • Senior Fit
- 12 p.m. • Power Circuit

Wednesday

- 5:30 a.m. • Boot Camp
- 7 a.m. • Meditation
- 8 a.m. • Pilates Mat
- 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
- 6 p.m. • Kettlebell Cardio
- 7 p.m. • Spin*

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!

fitness news

Yin Yoga Workshop

Sunday, March 22 • 1-3 p.m.

\$20 per Member,
\$25 per guest of Member
With Instructor Mimi Rose
Limited to 10 Students

Some of the benefits of Yin yoga are:

- Increases mobility in the body, especially the joints and hips
 - Better lubrication and protection of joints
 - More flexibility in joints and connective tissue
- Helps with TMJ and migraines
 - Great for coping with anxiety and stress

Beginners Yoga

Saturday, March 7 • 11:30 a.m.

\$120 per participant

MARCH



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

2

Cardio Tennis,
9 a.m.
(max. 8 players)

3

Swim School Starts

Cardio Tennis,
6:30 p.m.
(max. 8 players)

4

5

6

7

Cardio Tennis,
7:30 a.m.
(max. 8 players)
& 9 a.m.
(max. 16 players)

Beginners Yoga

8

*Daylight
Saving Time*

Oyster Roast,
4-7 p.m.

9

Cardio Tennis,
9 a.m.
(max. 8 players)

10

Cardio Tennis,
6:30 p.m.
(max. 8 players)

11

12

13

New Tennis Clinics
"Stroke to Rally"
10-11 a.m.

14

Cardio Tennis,
7:30 a.m.
(max. 8 players)
& 9 a.m.
(max. 16 players)

Pool Coin Dive

15

16

Cardio Tennis,
9 a.m.
(max. 8 players)

17

*St. Patrick's
Day*

Cardio Tennis,
6:30 p.m.
(max. 8 players)

SEE YOU
AT THE
CLUB
THIS
MONTH!

19

20

New Tennis Clinics
"Stroke to Rally"
10-11 a.m.

21

Cardio Tennis,
7:30 a.m.
(max. 8 players)
& 9 a.m.
(max. 16 players)

22

23

Cardio Tennis,
9 a.m.
(max. 8 players)

24

Cardio Tennis,
6:30 p.m.
(max. 8 players)

25

26

27

New Tennis Clinics
"Stroke to Rally"
10-11 a.m.

28

Cardio Tennis,
7:30 a.m.
(max. 8 players)
& 9 a.m.
(max. 16 players)

Yin Yoga
Workshop

29

30

Cardio Tennis,
9 a.m.
(max. 8 players)

31

Cardio Tennis,
6:30 p.m.
(max. 8 players)



· 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 • 5:30-9 p.m.

POOLS HOURS

Monday-Sunday • 5:30 a.m.-8 p.m.

THE PORCH RESTAURANT

New Restaurant Concept Coming Soon!