

# THE ENERGY CLUB



## GROUP EXERCISE SCHEDULE & EVENTS May 2024 National Fitness & Sports Month!

**VIEW ONLINE**

**CHILDCARE HOURS:** Monday to Friday 8am to 12 noon. Monday to Thursday 4pm to 7pm.

**POOL HOURS:** Monday to Thursday 5am to 8:45pm. Fri 5am to 6:45pm. Sat & Sun 9am to 1:45pm.

**Pool blocked for Exercise; No lap or Recreational swim Mon, Wed, Fri 8:40am to 9:40 am & 10am to 11am.**

**CLASS KEY:** *AAF* =ALL AROUND FITNESS. *RES YOGA* =RESTORATIVE YOGA. *S. SNEAKERS* =SILVER SNEAKERS

Member Appreciation	FUN FRI FITNESS	WED 05/01	THUR 05/02	FRI 05/03	SAT 05/04
<p><b>Wed May 15</b>  <b>9 -11am &amp; 5-7pm.</b>  <b>Members, we appreciate YOU!</b>  <b>Earn raffle tickets for TWO SAINTS GAME TICKETS for each friend you invite who Tours &amp; Joins The Energy Club in May!</b></p>	<p><b>6pm Fri May 23<sup>rd</sup></b>  <b>Y2K Dance with Taylor!</b>  <b>Fun, easy to follow! Ages 12+</b>  <b>FREE for members. Guests welcome with \$10 Day Pass.</b></p>	<p>8:00 <b>CIRCUIT</b> Alicia              8:40 <b>AQUA POOL</b>              9:00 <b>AAF</b> Donna              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b>              5:30 <b>SPIN</b> Alissa              5:45 <b>SCULPT</b> Taylor              6:30 <b>YOGA</b> Jordan- 30 min</p>	<p>8:00 <b>SPIN</b> Alicia              8:30 <b>ABS</b> Alicia              9:00 <b>BARRE</b> Sarah              10:00 <b>RES YOGA</b> Brian              5:30 <b>HIIT</b> Alissa              6:00 <b>MIXXEDFIT</b> Monica</p>	<p>8:00 <b>CORE &amp; MORE</b> Donna              8:40 <b>AQUA POOL</b>              9:00 <b>TRX</b> Michaela              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b></p>	<p>9:00 <b>SCULPT</b> Taylor</p>
<b>MON 05/06</b>	<b>TUE 05/07</b>	<b>WED 05/08</b>	<b>THUR 05/09</b>	<b>FRI 05/10</b>	<b>SAT 05/11</b>
<p>8:00 <b>SCULPT</b> Alicia              8:40 <b>AQUA POOL</b>              9:00 <b>TRX</b> Michaela              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b>              5:30 <b>SPIN</b> Alissa              5:30 <b>LINE DANCING</b> Kerri              6:15 <b>YOGA</b> Jordan</p>	<p>8:00 <b>SPIN</b> Alicia              8:30 <b>ABS</b> Alicia              9:00 <b>BARRE</b> Sarah              10:00 <b>YOGA</b> Sheryl              5:30 <b>HIIT</b> Alissa              6:00 <b>MIXXEDFIT</b> Monica</p>	<p>8:00 <b>CIRCUIT</b> Alicia              8:40 <b>AQUA POOL</b>              9:00 <b>AAF</b> Donna              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b>              5:30 <b>SPIN</b> Alissa              5:45 <b>SCULPT</b> Taylor              6:30 <b>YOGA</b> Jordan- 30 min</p>	<p>8:00 <b>SPIN</b> Alicia              8:30 <b>ABS</b> Alicia              9:00 <b>BARRE</b> Sarah              10:00 <b>RES YOGA</b> Lauren              5:30 <b>HIIT</b> Alissa              6:00 <b>MIXXEDFIT</b> Monica</p>	<p>8:00 <b>CORE &amp; MORE</b> Donna              8:40 <b>AQUA POOL</b>              9:00 <b>TRX</b> Michaela              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b></p>	<p>9:00 <b>LINE DANCING</b> Kerri</p>
<b>MON 05/13</b>	<b>TUE 05/14</b>	<b>WED 05/15</b>	<b>THUR 05/16</b>	<b>FRI 05/17</b>	<b>SAT 05/18</b>
<p>8:00 <b>SCULPT</b> Alicia              8:40 <b>AQUA POOL</b>              9:00 <b>TRX</b> Michaela              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b>              5:30 <b>SPIN</b> Alissa              5:30 <b>LINE DANCING</b> Kerri              6:15 <b>YOGA</b> Jordan</p>	<p>8:00 <b>SPIN</b> Alicia              8:30 <b>ABS</b> Alicia              9:00 <b>BARRE</b> Sarah              10:00 <b>YOGA</b> Sheryl              5:30 <b>HIIT</b> Alissa              6:00 <b>MIXXEDFIT</b> Monica</p>	<p><b>Member Appreciation 9 -11am &amp; 5-7pm.</b>              8:00 <b>CIRCUIT</b> Alicia              8:40 <b>AQUA POOL</b>              9:00 <b>AAF</b> Donna              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b>              5:30 <b>SPIN</b> Alissa              5:45 <b>SCULPT</b> Taylor              6:30 <b>YOGA</b> Jordan- 30 min</p>	<p>8:00 <b>SPIN</b> Alicia              8:30 <b>ABS</b> Alicia              9:00 <b>BARRE</b> Sarah              10:00 <b>RES YOGA</b> Sheryl              5:30 <b>HIIT</b> Alissa              6:00 <b>MIXXEDFIT</b> Monica</p>	<p>8:00 <b>CORE &amp; MORE</b> Donna              8:40 <b>AQUA POOL</b>              9:00 <b>TRX</b> Michaela              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b></p>	<p>9:00 <b>SCULPT</b> Taylor</p>
<b>MON 05/20</b>	<b>TUE 05/21</b>	<b>WED 05/22</b>	<b>THUR 05/23</b>	<b>FRI 05/24</b>	<b>SAT 05/25</b>
<p>8:00 <b>SCULPT</b> Alicia              8:40 <b>AQUA POOL</b>              9:00 <b>TRX</b> Michaela              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b>              5:30 <b>SPIN</b> Alissa              5:30 <b>LINE DANCING</b> Kerri              6:15 <b>YOGA</b> Jordan</p>	<p>8:00 <b>SPIN</b> Alicia              8:30 <b>ABS</b> Alicia              9:00 <b>BARRE</b> Sarah              10:00 <b>YOGA</b> Sheryl              5:30 <b>HIIT</b> Alissa              6:00 <b>MIXXEDFIT</b> Monica</p>	<p>8:00 <b>CIRCUIT</b> Alicia              8:40 <b>AQUA POOL</b>              9:00 <b>AAF</b> Donna              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b>              5:30 <b>SPIN</b> Alissa              5:45 <b>SCULPT</b> Taylor              6:30 <b>YOGA</b> Jordan- 30 min</p>	<p>8:00 <b>SPIN</b> Alicia              8:30 <b>ABS</b> Alicia              9:00 <b>BARRE</b> Sarah              10:00 <b>RES YOGA</b> Sheryl              5:30 <b>HIIT</b> Alissa              6:00 <b>MIXXEDFIT</b> Monica</p>	<p>8:00 <b>CORE &amp; MORE</b> Donna              8:40 <b>AQUA POOL</b>              9:00 <b>TRX</b> Michaela              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b>  <b>6:00 FUN FRI FITNESS with Taylor</b></p>	<p>9:00 <b>LINE DANCING</b> Kerri</p>
<b>MON 05/27</b>	<b>TUE 05/28</b>	<b>WED 05/29</b>	<b>THUR 05/30</b>	<b>FRI 05/31</b>	<b>PRIZE DRAWING!</b>
<p><b>Memorial Day</b>  <b>Pool &amp; Locker Rooms Open to 4pm.</b>  <b>No Classes. No Childcare.</b></p>	<p>8:00 <b>SPIN</b> Alicia              8:30 <b>ABS</b> Alicia              9:00 <b>BARRE</b> Sheryl              10:00 <b>YOGA</b> Sheryl              5:30 <b>HIIT</b> Alissa              6:00 <b>MIXXEDFIT</b> Monica</p>	<p>8:00 <b>CIRCUIT</b> Alicia              8:40 <b>AQUA POOL</b>              9:00 <b>AAF</b> Donna              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b>              5:30 <b>SPIN</b> Alissa              5:45 <b>SCULPT</b> Taylor              6:30 <b>YOGA</b> Jordan- 30 min</p>	<p>8:00 <b>SPIN</b> Alicia              8:30 <b>ABS</b> Alicia              9:00 <b>BARRE</b> Sheryl              10:00 <b>RES YOGA</b> Sheryl              5:30 <b>HIIT</b> Alissa              6:00 <b>MIXXEDFIT</b> Monica</p>	<p>8:00 <b>CORE &amp; MORE</b> Donna              8:40 <b>AQUA POOL</b>              9:00 <b>TRX</b> Michaela              10:00 <b>S. SNEAKERS</b> Donna              10:00 <b>ARTHRITIS POOL</b></p>	<p><b>Earn tickets for TWO SAINTS GAME TICKETS for each friend you invite who Tours &amp; Joins The Energy Club in May!</b></p>

<b>THE ENERGY CLUB</b> CLASS DESCRIPTIONS	DURATION	LOCATION	<i>Good if want:</i>
<b>Abs:</b> Varied workout targeting core, abs & glutes Bring a mat!	30 mins	Group Fitness Room	Low impact, core strengthening.
<b>All Around Fitness (AAF):</b> "Old school" style fun aerobics class for all levels. Instructor offers choice of either high or low impact moves.	60 mins	Group Fitness Room	Moderate level, bursts of high energy
<b>Arthritis Pool:</b> Warm water adds resistance to safely strengthen, soothe & protect joints.	60 mins	Pool	Slow, gentle yet effective class
<b>Aqua Aerobics:</b> The water adds resistance to burn calories, improve strength, posture and endurance with reduced risk of joint strain.	60 mins	Pool	Higher energy & strength class
<b>Barre:</b> Inspired by Pilates, dance, yoga and strength training for overall toning & cardiac endurance. Class format varies with use of hand weights, Pilates ring, exercise bands & balls. Bring a mat!	60 mins	Group Fitness Room	All fitness levels, work at your own pace
<b>Circuit:</b> Short bursts of various cardio & strengthening exercises with fitness equipment for endurance & toning. Bring a mat for the cool down stretch.	60 mins	Group Fitness Room	Moderate to high level
<b>Core &amp; More:</b> Low impact class with core strengthening for abs & glutes followed with stretches. Bring a mat!	60 mins	Group Fitness Room	Moderate full body, low impact class
<b>HIIT - High Intensity Interval Training:</b> Whole body strength, endurance, cardio, agility workouts with varying formats including circuit, Tabata, WOD (workout of the day) with fun camaraderie.	45 to 60 mins	Red Room	High level intensity at own pace with rest breaks
<b>LINE DANCING:</b> Enjoy fun and easy dance moves with all genres of music for overall cardio, strength and endurance fitness!	45 mins	Group Fitness Room	All levels. Fun class!
<b>MixedFit®</b> Is so much fun it doesn't feel like exercise! Enjoy all genres of music with repetitive & easy to follow dance movements for effective body-weight exercises that will tone and sculpt your body.	60 mins	Group Fitness Room	Choose either low or high impact moves. Fun, energetic class!
<b>Sculpt:</b> Cardio and muscle toning for strength & endurance. Bring a mat!	60 mins	Group Fitness Room	Moderate to high level. High impact
<b>Silver Sneakers (S.Sneakers):</b> All members welcome! Low impact class designed for 60 & up to build strength, range of motion, coordination, endurance, standing balance and friendships to enjoy life! Chairs used for exercise & standing balance.	45 mins	Group Fitness Room	Slow pace, low impact with modifications for safety.
<b>Spin:</b> Don't be fooled, the bike may be stationary, but you're <i>not</i> during this high calorie burning effective cycling workout for endurance & strength!	45 to 60 mins	Spin Studio	Moderate to high Cardio. 1st time? Start with 10 mins!
<b>TRX:</b> Suspension band training develops strength, balance, flexibility and core stability. Bring a mat!	45 to 60 mins	Red Room	Low impact, slow, gentle class
<b>Yoga:</b> Improve breathing, strength, flexibility, balance, mindfulness, and relaxation skills. Bring a mat!	10am- 60 mins 6:15pm- 45 mins 6:30pm – 30 mins	Group Fitness Room	Low impact, mixed level class
<b>Restorative Yoga (Res Yoga):</b> Slow class with the body comfortably supported with bolsters & blocks to help restore the autonomic nervous system for complete health! Bring a mat!	60 mins	Group Fitness Room	Low impact, relaxation, no poses in standing.