

THE ENERGY CLUB



GROUP EXERCISE SCHEDULE & EVENTS April 2024 **Spring into Fitness!**

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

MON 04/01	TUE 04/02	WED 04/03	THUR 04/04	FRI 04/05	SAT 04/06
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 DANCE FITNESS Kerri 6:15 YOGA Jordan	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:45 SCULPT Taylor 6:30 YOGA Jordan 30 min	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sheryl 10:00 RES YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 SCULPT Taylor 35th Anniversary Celebrations! 9am to 12 noon. 10:00 AAF 11:00 MixxedFit Class- \$5 donation to Pink Hearts & FREE Raffle ticket!
MON 04/08	TUE 04/09	WED 04/10	THUR 04/11	FRI 04/12	SAT 04/13
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 DANCE FITNESS Kerri 6:15 YOGA Jordan	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:45 SCULPT Taylor 6:30 YOGA Jordan- 30 min	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Brian 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 DANCE FITNESS Kerri
MON 04/15	TUE 04/16	WED 04/17	THUR 04/18	FRI 04/19	SAT 04/20
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 DANCE FITNESS Kerri 6:15 YOGA Jordan	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:45 SCULPT Taylor 6:30 YOGA Jordan- 30 min	8:00 SPIN Brian 8:30 ABS Brian 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 SCULPT Taylor Pink Hearts Ribbon Run/Walk 5k & 1mile LB Town Green. Registration 7am Starts 8am
MON 04/22	TUE 04/23	WED 04/24	THUR 04/25	FRI 04/26	SAT 04/27
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:15 YOGA Jordan	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:45 SCULPT Taylor 6:30 YOGA Jordan- 30 min	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 DANCE FITNESS Kerri
MON 04/29	TUE 04/30	35th Anniversary	PINK HEARTS	FUN FRI FITNESS	Thank you
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 DANCE FITNESS Kerri 6:15 YOGA Jordan	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	Sat April 6th 9am to 12 noon Mon April 8th 9am-12noon & 5-7pm. Members, we appreciate YOU! Invite family & friends to exercise with you for FREE!	FUNdraiser Sat April 6th Everyone is welcome to join 10am & 11am classes with \$5 Donation to Pink Hearts & get FREE Raffle ticket!	6pm Fri April 19 Line Dancing with Donna! Fun, easy to follow, for ages 12+ FREE for members. Guests welcome with \$10 Day Pass	Members & Team! You're WHY we're celebrating 35 Years & LB Business of The Month!

THE ENERGY CLUB CLASS DESCRIPTIONS	DURATION	LOCATION	<i>Good if want:</i>
Abs: Varied workout targeting core, abs & glutes Bring a mat!	30 mins	Group Fitness Room	Low impact, core strengthening.
All Around Fitness (AAF): “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
Arthritis Pool: Warm water adds resistance to safely strengthen, soothe & protect joints.	60 mins	Pool	Slow, gentle yet effective class
Aqua Aerobics: 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
Barre: 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
Circuit: 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
Core & More: 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
Dance Fitness: 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!
HIIT - High Intensity Interval Training: 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
MixedFit® 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!
Sculpt: Cardio and muscle toning for strength & endurance. Bring a mat!	60 mins	Group Fitness Room	Moderate to high level. High impact
Silver Sneakers (S.Sneakers): 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.
Spin: 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!
TRX: Suspension band training develops strength, balance, flexibility and core stability. Bring a mat!	45 to 60 mins	Red Room	Low impact, slow, gentle class
Yoga: 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
Restorative Yoga (Res Yoga): 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.