## April 2025 ONLINE: the-energy-club.com

## **GROUP EXERCISE SCHEDULE & EVENTS**

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 3:45pm.

No lap or Recreational use: Mon, Wed, Fri 8:40am to 9:40am & 10am to 11am, Tue & Thu 5-6pm during classes.

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|--|---|--|---|--|--|--|--|--|
| CLASS KEY: AAF = ALL AROUND FITNESS. RES YOGA = RESTORATIVE YOGA   |   |  |   |  |  |  |  |  |
| 36 <sup>th</sup> Celebrations!   | TUE 4/1   | WED 4/2  | THUR 4/3  | FRI 4/3  | SAT 4/5  |  |  |  |
| Prizes,  | 8:00 SPIN Alicia  | 8:00 <b>CIRCUIT</b> Alicia   | 8:00 <b>SPIN</b> Alicia   | 8:00 <b>CORE &amp; MORE</b>  | 9:00 HOOP HOOP   |  |  |  |
| Fitness Fun,   | 8:30 ABS Alicia   | 8:40 <b>AQUA</b> POOL  | 8:30 <b>ABS</b> Alicia  | Donna  | HOORAY FOR   |  |  |  |
| Special Classes &  | 9:00 BARRE Sarah  | 9:00 <b>AAF</b> Donna  | 9:00 BARRE Sarah  | 8:40 AQUA POOL   | HSSM! Sarah  |  |  |  |
| Information.   | 10:00 YOGA Lauren   | 10:00 GOLD FIT Donna   | 10:00 <b>RES YOGA</b> Sheryl  | 9:00 TRX Michaela  | FREE for members,  |  |  |  |
| We appreciate YOU!   | 5:00 AQUA FIT Nyla  | 10:00 <b>ARTHRITIS</b> POOL  | 5:00 AQUA FIT Nyla  | 10:00 <b>GOLD FIT</b>  | guests with donation<br>at door for HSSM (Pet  |  |  |  |
| FREE Day Pass* for   | 5:30 <b>SCULPT</b> Alissa   | 5:30 SPIN Alissa   | 5:30 SCULPT Alissa  | Donna  | food, bowls, cat litter,   |  |  |  |
| your friends from Sat 4/5 to Fri 4/11.   | 6:00 MIXXEDFIT Monica   | 6:00 <b>YOGA</b> Anne  | 6:00 MIXXEDFIT Monica   | 10:00 ARTHRITIS  | bleach, or gently used   |  |  |  |
| 9am to: 9pm Mon-   |   |  |   | POOL   | towels/ blankets)  |  |  |  |
| Thu, to: 7pm Fri,  |   |  |   |  |  |  |  |  |
| to: 4pm Sat & Sun.   |   |  |   |  |  |  |  |  |
| MON 4/7  | TUE 4/8   | WED 4/9  | THUR 4/10   | FRI 4/11   | SAT 4/12   |  |  |  |
| 8:00 <b>SCULPT</b> Alicia  | 8:00 <b>SPIN</b> Alicia   | Member Appreciation  | 8:00 <b>SPIN</b> Alicia   | Fun Friday Fitness   | 9:00 CIRCUIT:  |  |  |  |
| 8:40 AQUA POOL   | 8:30 <b>ABS</b> Alicia  | 9-11am   | 8:30 <b>ABS</b> Alicia  | Wear your favorite   | Abs, Arms,   |  |  |  |
| 9:00 TRX Lauren  | 9:00 BARRE Sarah  | FREE Body Comp &   | 9:00 <b>BARRE</b> Sarah   | fun hat or socksor   | Legs & Cardio!   |  |  |  |
| 10:00 <b>GOLD FIT</b> Donna  | 10:00 Flower Power  | Toxin Assessment   | 10:00 <b>RES YOGA</b> Lauren  | both for prize   | Alissa   |  |  |  |
| 10:00 ARTHRITIS  | Flow 80's YOGA Sheryl   | 8:00 <b>CIRCUIT</b> Alicia   | 5:00 AQUA FIT <i>Luau</i>   | drawings!  | . 111334   |  |  |  |
| POOL   | 5:00 AQUA FIT Nyla  | 8:40 AQUA POOL   | Nyla  | 8:00 CORE & MORE   |  |  |  |  |
| 5:30 <i>Glow</i> <b>SPIN</b> Alissa  | 5:30 <b>SCULPT</b> Alissa   | 9:00 AAF Summer  | 5:30 <b>SCULPT</b> Alissa   | Donna  |  |  |  |  |
| 6:00 <b>YOGA</b> Anne  | 6:00 MIXXEDFIT Monica   | Night Cha Cha Donna  | 6:00 Glow MIXXEDFIT   | 8:40 <b>AQUA</b> POOL  |  |  |  |  |
| Member Appreciation  | 0.00 MIXALDITI Monica   | 10:00 <b>GOLD FIT</b> Donna  | Monica  | 9:00 TRX Michaela  |  |  |  |  |
| 5-7pm  |   | 10:00 ARTHRITIS POOL   | Wierinea  | 10:00 <b>GOLD FIT</b>  |  |  |  |  |
| FREE Body Comp &   |   | 5:30 <b>SPIN</b> Alissa  |   | Donna  |  |  |  |  |
| Toxin Assessment   |   | 6:00 <b>YOGA</b> Anne  |   | 10:00 ARTHRITIS  |  |  |  |  |
| TOXIII ASSESSITICITE   |   | 0.00 TOGA Affile   |   | POOL   |  |  |  |  |
| MON 4/14   | TUE 4/15  | WED 4/16   | THUR 4/17   | FRI 4/18   | SAT 4/19   |  |  |  |
|  |   |  |   |  |  |  |  |  |
| L X'UU <b>SCULP</b> T Alicia   | 8.00 <b>SPIN</b> Alicia   | 8.00 CIRCUIT Anne  | 8:00 <b>SPIN</b> Anne   | 8:00 <b>CORF &amp; MORF</b>  | 9:00 <b>SCULPT</b>   |  |  |  |
| 8:00 <b>SCULPT</b> Alicia<br>8:40 <b>AQUA</b> POOI   | 8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia   | 8:00 CIRCUIT Anne<br>8:40 AOUA POOL  | 8:00 <b>SPIN</b> Anne<br>8:30 <b>ABS</b> Anne   | 8:00 CORE & MORE   | 9:00 <b>SCULPT</b>   |  |  |  |
| 8:40 AQUA POOL   | 8:30 ABS Alicia   | 8:40 <b>AQUA</b> POOL  | 8:30 <b>ABS</b> Anne  | Donna  | 9:00 <b>SCULPT</b><br>Lauren   |  |  |  |
| 8:40 <b>AQUA</b> POOL<br>9:00 <b>TRX</b> Lauren  | 8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah   | 8:40 <b>AQUA</b> POOL<br>9:00 <b>AAF</b> Donna   | 8:30 <b>ABS</b> Anne<br>9:00 <b>BARRE</b> Sarah   | Donna<br>8:40 <b>AQUA</b> POOL   |  |  |  |  |
| 8:40 AQUA POOL<br>9:00 TRX Lauren<br>10:00 GOLD FIT Donna  | 8:30 ABS Alicia<br>9:00 BARRE Sarah<br>10:00 YOGA Sheryl  | 8:40 AQUA POOL<br>9:00 AAF Donna<br>10:00 GOLD FIT Donna   | 8:30 ABS Anne<br>9:00 BARRE Sarah<br>10:00 RES YOGA Sheryl  | Donna<br>8:40 <b>AQUA</b> POOL<br>9:00 <b>TRX</b> Michaela   |  |  |  |  |
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| THE ENERGY CLUB CLASS DESCRIPTIONS  | TIME             | WHERE  | Good if want:   |
|---|------------------|--|---|
| Abs: Varied workout targeting core, abs & glutes Bring a mat!   | 30 mins          | Group Fitness<br>Room                          | Low impact, core strengthening.   |
| Achieving Fitness Goals: Educational presentation with Information to help you Achieve your Fitness Goals!  | 30 mins          | Group Fitness<br>Room                          | <b>FREE.</b> All Members & Guests Welcome.  |
| 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<br>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: Water adds resistance to burn calories, improve strength, posture and endurance with reduced risk of joint strain.   | 60 mins          | Pool   | Higher energy & strength class  |
| Aqua Fit: Energetic Aqua Aerobics class for full body workout & cardio!   | 60 mins          | Pool   | All fitness levels, do at your own pace   |
| Barre: Inspired by Pilates, dance, yoga, & strength training for9u overall toning & cardiac endurance. Class format varies with use of hand weights, Pilates ring, exercise bands & balls. Bring a mat!                               | 60 mins          | Group Fitness<br>Room                          | All fitness levels, do at your own pace   |
| <b>Circuit:</b> Short bursts of cardio & strengthening of abs, arms, legs with various fitness equipment for endurance & toning. Bring a mat for cool down stretch.   | 45 to 60<br>mins | Group Fitness<br>Room                          | Moderate to high level.<br>Beginners welcome, at own pace!                        |
| Core & More: Low impact class with core strengthening for abs & Glutes, followed with stretches. Bring a mat!   | 60 mins          | Group Fitness<br>Room                          | Moderate full body, low impact class  |
| <b>Gold Fit:</b> 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<br>Room                          | Slow pace, low impact with modifications for safety.                              |
| MixxedFit 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<br>Room                          | Choose either low or high impact moves. Fun, energetic class!                     |
| <b>Pilates Plus</b> : Low impact full body strength, stretch, tone & cardio with lots of variety to keep it fun & effective!  | 60 min           | Group Fitness<br>Room                          | Low impact. All fitness levels  |
| Sculpt: Cardio and muscle toning for strength & endurance. Bring a mat!   | 60 mins          | Group Fitness<br>Room                          | Moderate to high level.<br>High impact  |
| <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! Class may also include upper body strengthening exercises.      | 30 to 45<br>mins | Spin Studio                                    | Moderate to high Cardio.<br>1st time? Start with 10 mins &<br>gradually build up! |
| <b>TRX</b> : Suspension band training develops strength, balance, flexibility and core stability. Bring a mat!  | 45 to 60<br>mins | Red Room                                       | Low impact, slow, gentle class  |
| Yoga: Improve breathing, strength, flexibility, balance, mindfulness, and relaxation skills. Bring a mat!   | 60 mins          | Group Fitness<br>Room                          | Low impact, mixed level class   |
| <b>Restorative Yoga (Res Yoga)</b> : Slow class with the body comfortably supported with bolsters & blocks to help relax & restore the autonomic nervous system for complete health! Bring a mat!                                     | 60 mins          | Group Fitness<br>Room                          | Low impact. All poses on the yoga<br>mat – no standing.                           |
| TRAINING SESSION FOR MEMBERS ONLY – NO GUEST OR DAY PASSES.   |                  |  |   |
| Machines 101: Learn how to use Fitness Machines correctly with our Personal Trainers. Limited to 4 members per class; sign up at the front desk to reserve your place! Must be aged 12+. Aged 12 to 14 must be accompanied by parent. | 60 mins          | Meet Personal<br>Trainer at the<br>Front Desk. | Instruction for all Fitness Levels.   |