

# THE ENERGY CLUB

**GROUP EXERCISE SCHEDULE & EVENTS**

**April 2025**

**ONLINE: the-energy-club.com**

**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.**

**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
<b>Prizes, Fitness Fun, Special Classes &amp; Information.</b> We appreciate YOU! <b>FREE Day Pass*</b> for your friends from Sat 4/5 to Fri 4/11. 9am to: 9pm Mon-Thu, to: 7pm Fri, to: 4pm Sat & Sun.	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Lauren 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	8:00 <b>CIRCUIT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Anne	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 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	8:00 <b>CORE &amp; MORE</b> Donna 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Michaela 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b>	9:00 <b>HOOP HOOP HOORAY FOR HSSM!</b> Sarah FREE for members, guests with donation at door for HSSM (Pet food, bowls, cat litter, bleach, or gently used towels/ blankets)
	MON 4/7	TUE 4/8	WED 4/9	THUR 4/10	FRI 4/11
8:00 <b>SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Lauren 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>Glow SPIN</b> Alissa 6:00 <b>YOGA</b> Anne <b>Member Appreciation 5-7pm</b> <b>FREE Body Comp &amp; Toxin Assessment</b>	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>Flower Power Flow 80's</b> <b>YOGA</b> Sheryl 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	<b>Member Appreciation 9-11am</b> <b>FREE Body Comp &amp; Toxin Assessment</b> 8:00 <b>CIRCUIT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF Summer Night Cha Cha</b> Donna 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Anne	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 5:00 <b>AQUA FIT Luau</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>Glow MIXXEDFIT</b> Monica	<b>Fun Friday Fitness</b> <b>Wear your favorite fun hat or socks...or both for prize drawings!</b> 8:00 <b>CORE &amp; MORE</b> Donna 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Michaela 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b>	9:00 <b>CIRCUIT: Abs, Arms, Legs &amp; Cardio!</b> Alissa
MON 4/14	TUE 4/15	WED 4/16	THUR 4/17	FRI 4/18	SAT 4/19
8:00 <b>SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Lauren 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Anne	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	8:00 <b>CIRCUIT</b> Anne 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Anne	8:00 <b>SPIN</b> Anne 8:30 <b>ABS</b> Anne 9:00 <b>BARRE</b> Sarah 10:00 <b>RES YOGA</b> Sheryl 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	8:00 <b>CORE &amp; MORE</b> Donna 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Michaela 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b>	9:00 <b>SCULPT</b> Lauren
MON 4/21	TUE 4/22	WED 4/23	THUR 4/24	FRI 4/25	SAT 4/26
8:00 <b>SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Lauren 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Anne	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	8:00 <b>CIRCUIT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Anne	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 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	8:00 <b>CORE &amp; MORE</b> Donna 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Michaela 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b>	9:00 <b>CIRCUIT: Abs, Arms, Legs &amp; Cardio!</b> Alissa
MON 4/28	TUE 4/29	WED 4/30	PERSONAL TRAINING	SWIM LESSONS	APPRECIATION
8:00 <b>SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Lauren 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Anne	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	8:00 <b>CIRCUIT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Anne	<b>1:1 Instruction specific to your goals &amp; needs for faster results!</b> For details Text: 228 567-4949.	6 months to adults! GROUP of 4: \$175 pp for 6 lessons. PRIVATE: \$50 per lesson. For details Text: 228 567-4949.	We appreciate YOU! Join us April 7: 5-7pm & April 9: 9-11am FREE Body Comp, Toxin Assessment Healthy Snacks Info & Prizes!

<b>THE ENERGY CLUB</b>	<b>CLASS DESCRIPTIONS</b>	<b>TIME</b>	<b>WHERE</b>	<b>Good if want:</b>
	<b>Abs:</b> Varied workout targeting core, abs & glutes Bring a mat!	30 mins	Group Fitness Room	Low impact, core strengthening.
	<b>Achieving Fitness Goals:</b> Educational presentation with Information to help you Achieve your Fitness Goals!	30 mins	Group Fitness Room	<b>FREE. All Members &amp; Guests Welcome.</b>
	<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> 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>Aqua Fit:</b> Energetic Aqua Aerobics class for full body workout & cardio!	60 mins	Pool	All fitness levels, do at your own pace
	<b>Barre:</b> Inspired by Pilates, dance, yoga, & strength training for 9u 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, 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 mins	Group Fitness Room	Moderate to high level. Beginners welcome, at own pace!
	<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>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 Room	Slow pace, low impact with modifications for safety.
	<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>Pilates Plus:</b> Low impact full body strength, stretch, tone & cardio with lots of variety to keep it fun & effective!	60 min	Group Fitness Room	Low impact. All fitness levels
	<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>Spin:</b> Don’t be fooled, the bike may be stationary, but you’re <b>not</b> during this high calorie burning, effective cycling workout for endurance & strength! Class may also include upper body strengthening exercises.	30 to 45 mins	Spin Studio	Moderate to high Cardio. 1st time? Start with 10 mins & gradually build up!
	<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!	60 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 relax & restore the autonomic nervous system for complete health! Bring a mat!	60 mins	Group Fitness Room	Low impact. All poses on the yoga mat – no standing.
<b>TRAINING SESSION FOR MEMBERS ONLY – NO GUEST OR DAY PASSES.</b>				
	<b>Machines 101:</b> 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! <b>Must be aged 12+. Aged 12 to 14 must be accompanied by parent.</b>	60 mins	Meet Personal Trainer at the Front Desk.	Instruction for all Fitness Levels.