

THE ENERGY CLUB



GROUP EXERCISE SCHEDULE & EVENTS AUGUST 2022

VIEW ONLINE

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

PICKLEBALL: Lessons 11am Tues. Meet to play Tues & Thurs 11am-12 noon. Text Pickle to 52236 for text notifications

POOL HOURS: Monday to Thursday 5am to 8:45pm. Fri to Sun 8am to 5:45pm. **Pool blocked for KidFit Tuesdays 3pm to 5pm. Pool blocked for Exercise; No lap or Recreational swim Mon to Fri 8:40am to 9:40 am & 10am to 11am.**

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

MON 08/01	TUE 08/02	WED 08/03	THUR 08/04	FRI 08/05	SAT 8/06
8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 BARRE Jordan 6:15 ABS Alissa	5:30 BOOTCAMP Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SGT John 6:00 ZUMBA 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 6:00 BARRE Jordan 6:15 ABS Alissa	5:30 BOOTCAMP Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 SGT John 6:00 ZUMBA 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 BARRE Jordan
MON 08/08	TUE 08/09	WED 08/10	THUR 08/11	FRI 08/12	SAT 8/13
8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 BARRE Jordan 6:15 ABS Alissa	5:30 BOOTCAMP Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SGT John 6:00 ZUMBA Monica	8:00 ABS/GLUTES Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 BARRE Jordan 6:15 ABS Alissa	5:30 BOOTCAMP Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 SGT John 6:00 ZUMBA 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 BARRE Sarah
MON 08/15	TUE 08/16	WED 08/17	THUR 08/18	FRI 08/19	SAT 8/20
8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 BARRE Jordan 6:15 ABS Alissa	5:30 BOOTCAMP Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SGT John 6:00 ZUMBA 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 6:00 BARRE Jordan 6:15 ABS Alissa	5:30 BOOTCAMP Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 SGT John 6:00 ZUMBA 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 BARRE Jordan
MON 08/22	TUE 08/23	WED 08/24	THUR 08/25	FRI 08/26	SAT 8/27
8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 BARRE Jordan 6:15 ABS Alissa	5:30 BOOTCAMP Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SGT John 6:00 ZUMBA Monica	8:00 ABS/GLUTES Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 BARRE Jordan 6:15 ABS Alissa	5:30 BOOTCAMP Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 SGT John 6:00 ZUMBA 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 BARRE Sarah
MON 08/29	TUE 08/30	WED 08/31	PICKLEBALL	We Appreciate You!	Wed 8/31
8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 BARRE Jordan 6:15 ABS Alissa	5:30 BOOTCAMP Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SGT John 6:00 ZUMBA 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 6:00 BARRE Jordan 6:15 ABS Alissa	Lessons for 🕒 Beginners 🕒 Limited mobility 🕒 Age 65+ Every Thursday 11am-12 noon. FREE for members or \$15 day pass.	Fri August 26 6pm Dance Party. 8pm Refreshments. FREE for Members. Childcare provided.	Meet n Mingle 10 am to 12 noon. Healthy Snacks & Friends!

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GROUP EXERCISE CLASS DESCRIPTIONS

	DURATION	LOCATION
All Around Fitness (AAF): "Old school" style fun aerobics class for all levels!	60 mins	Group Fitness Room
Abs: 15-minute workout targeting core & abs. Bring a mat!	15 mins	Red Room
Abs/Glutes: Tone and sculpt the abs and glutes for core strength & stability! Bring a mat!	45 to 60 mins	Group Fitness Room
Barre: Inspired by Pilates, dance, yoga and strength training for overall toning & endurance. Bring a mat!	60 mins	Group Fitness Room
Boot Camp: High intensity fitness challenges & fun camaraderie with various whole-body workouts including mix of aerobic & strength training in every class.	45 to 60 mins	Red Room
Circuit: Series of short bursts of various cardio & strengthening exercises using variety of equipment to improve endurance & tone entire body. Bring a mat for the cool down stretch.	60 mins	Group Exercise Room
Core & More: Low impact class with core strengthening for abs & glutes and stretching. Feels great after any workout! Bring a mat!	60 mins	Group Fitness Room
Interval: Cardio and muscle toning with brief rest intervals for strength & endurance. Bring a mat!	60 mins	Group Fitness Room
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
Small Group Training (SGT): High Intensity workout with our Personal Trainers for strength, endurance, and agility. Be prepared to sweat!	45 to 60 mins	Red Room
Spin: Don't be fooled, the bike may be stationary, but you're not during this high calorie burning effective cycling workout for endurance & strength!	45 to 60 mins	Spin Studio
TRX: Suspension band training develops strength, balance, flexibility and core stability. Bring a mat!	45 to 60 mins	Red Room
Yoga: Improve breathing, strength, flexibility, balance, mindfulness and relaxation skills. Bring a mat!	60 mins	Group Fitness Room
Restorative Yoga (Res Yoga): A slower class with mostly Restorative poses to help restore the autonomic nervous system for complete health! Bring a mat!	60 mins	Group Fitness Room
Zumba; Let the music move you for this fun, easy to-follow calorie- burning fitness-party! No dance experience required, just a smile & fun attitude!	60 mins	Group Fitness Room
POOL CLASSES	DURATION	LOCATION
Arthritis Pool: Warm water adds resistance to safely strengthen, soothe & protect joints.	60 mins	Pool
Aqua: The water adds resistance to burn calories, improve strength, posture and endurance with reduced risk of joint strain.	60 mins	Pool