

# THE ENERGY CLUB

December 2021 Group Exercise classes

www.the-energy-club.com



Member Meet N Greet	NEW MEMBER	WED 12/01	THUR 12/02	FRI 12/03	SAT 12/04
<p><b>Meet our members displaying their products &amp; services of their small, local businesses on</b>  <b>Sat 11/27 9am to 12</b>  <b>Wed 12/1 9am to 12</b>  <b>Mon 12/6- 5 to 7pm to Shop Local! !</b></p>	<p><b>ORIENTATION</b>                      5 pm Mondays &amp; 11 am Tuesdays.                      Meet at Front Desk.                      Ask us about all our amenities, services, &amp; programs for your personal fitness program!</p>	<p>8:00 <b>ABS/GLUTES</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>ALL AROUND FITNESS</b> Donna                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b>                      5:30 <b>SPIN</b> Alissa                      5:30 <b>YOGA</b> Sheryl                      6:00 <b>YOGA</b> after <b>SPIN</b></p>	<p>5:30 <b>SMALL GROUP TRAINING</b> Alissa                      8:00 <b>SPIN</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>BARRE</b> Sarah                      10:00 <b>YOGA</b> Sheryl                      10:00 <b>ARTHRITIS</b> Pool                      5:30 <b>SMALL GROUP TRAINING</b> John                      6:00 <b>ZUMBA</b> Monica</p>	<p>8:00 <b>CORE &amp; MORE</b> Donna                      8:40 <b>AQUA</b> Pool                      9:00 <b>TRX</b> Michaela                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b> Donna</p>	<p>9:00 <b>BARRE</b> Sarah                      8 am <b>TEAM ENERGY CLUB</b>                      Jingle Bell Run/Walk at LB Town Green.                      Hosted by GCRC</p>
MON 12/06	TUE 12/07	WED 12/08	THUR 12/09	FRI 12/10	SAT 12/11
<p>8:00 <b>INTERVAL</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>TRX</b> Michaela                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b> Donna                      5:30 <b>SPIN</b> Alissa                      5:30 <b>YOGA</b> Sheryl                      6:00 <b>YOGA</b> after <b>SPIN</b></p>	<p>5:30 <b>SMALL GP TRAINING</b> Alissa                      8:00 <b>SPIN</b> Alissa                      8:40 <b>AQUA</b> Pool                      9:00 <b>BARRE</b> Sarah                      10:00 <b>YOGA</b> Sheryl                      10:00 <b>ARTHRITIS</b> Pool                      5:30 <b>SMALL GROUP TRAINING</b> John                      6:00 <b>ZUMBA</b> Monica</p>	<p>8:00 <b>ABS/GLUTES</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>ALL AROUND FITNESS</b> Donna                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b>                      5:30 <b>SPIN</b> Alissa                      5:30 <b>YOGA</b> Sheryl                      6:00 <b>YOGA</b> after <b>SPIN</b></p>	<p>5:30 <b>SMALL GROUP TRAINING</b> Alissa                      8:00 <b>SPIN</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>BARRE</b> Sarah                      10:00 <b>YOGA</b> Sheryl                      10:00 <b>ARTHRITIS</b> Pool                      5:30 <b>SMALL GROUP TRAINING</b> John                      6:00 <b>ZUMBA</b> Monica</p>	<p>8:00 <b>CORE &amp; MORE</b> Donna                      8:40 <b>AQUA</b> Pool                      9:00 <b>TRX</b> Michaela                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b> Donna</p>	<p>9:00 <b>BARRE</b> Sarah                      8:00 <b>TEAM ENERGY CLUB</b>                      Jingle Bell Run/Walk LB Town Green.                      Hosted by GCRC</p>
MON 12/13	TUE 12/14	WED 12/15	THUR 12/16	FRI 12/17	SAT 12/18
<p>8:00 <b>INTERVAL</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>TRX</b> Michaela                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b> Donna                      5:30 <b>SPIN</b> Alissa                      5:30 <b>YOGA</b> Maggie                      6:00 <b>YOGA</b> after <b>SPIN</b></p>	<p>5:30 <b>SMALL GP TRAINING</b> Alissa                      8:00 <b>SPIN</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>BARRE</b> Sarah                      10:00 <b>YOGA</b> Maggie                      10:00 <b>ARTHRITIS</b> Pool                      5:30 <b>SMALL GROUP TRAINING</b> John                      6:00 <b>ZUMBA</b> Monica</p>	<p>8:00 <b>ABS/GLUTES</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>ALL AROUND FITNESS</b> Donna                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b>                      5:30 <b>SPIN</b> Alissa                      5:30 <b>YOGA</b> Sheryl                      6:00 <b>YOGA</b> after <b>SPIN</b></p>	<p>5:30 <b>SMALL GROUP TRAINING</b> Alissa                      8:00 <b>SPIN</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>BARRE</b> Sarah                      10:00 <b>YOGA</b> Sheryl                      10:00 <b>ARTHRITIS</b> Pool                      5:30 <b>SMALL GROUP TRAINING</b> John                      6:00 <b>ZUMBA</b> Monica</p>	<p>8:00 <b>CORE &amp; MORE</b> Donna                      8:40 <b>AQUA</b> Pool                      9:00 <b>TRX</b> Michaela                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b> Donna</p>	<p>9:00 <b>BARRE</b> Sarah</p>
MON 12/20	TUE 12/21	WED 12/22	THUR 12/23	FRI 12/24	SAT 12/25
<p>8:00 <b>INTERVAL</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>TRX</b> Michaela                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b> Donna                      5:30 <b>SPIN</b> Alissa                      5:30 <b>YOGA</b> Sheryl                      6:00 <b>YOGA</b> after <b>SPIN</b></p>	<p>5:30 <b>SMALL GP TRAINING</b> Alissa                      8:00 <b>SPIN</b> Alissa                      8:40 <b>AQUA</b> Pool                      9:00 <b>BARRE</b> Sarah                      10:00 <b>YOGA</b> Sheryl                      10:00 <b>ARTHRITIS</b> Pool                      5:30 <b>SMALL GROUP TRAINING</b> John                      6:00 <b>ZUMBA</b> Monica</p>	<p>8:00 <b>ABS/GLUTES</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>ALL AROUND FITNESS</b> Donna                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b>                      5:30 <b>SPIN</b> Alissa                      5:30 <b>YOGA</b> Sheryl                      6:00 <b>YOGA</b> after <b>SPIN</b></p>	<p>5:30 <b>SMALL GROUP TRAINING</b> Alissa                      8:00 <b>SPIN</b> Alicia                      8:40 <b>AQUA</b> Pool                      9:00 <b>BARRE</b> Sarah                      10:00 <b>YOGA</b> Sheryl                      10:00 <b>ARTHRITIS</b> Pool                      5:30 <b>SMALL GROUP TRAINING</b> John                      6:00 <b>ZUMBA</b> Monica</p>	<p>8:00 <b>CORE &amp; MORE</b> Donna                      8:40 <b>AQUA</b> Pool                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b> Donna</p>	<p><b>Merry Christmas!</b>    <b>Club OPEN for Members Only with SCAN card access.</b>  <b>Pool &amp; Locker rooms closed.</b></p>
MON 12/27	TUE 12/28	WED 12/29	THUR 12/30	FRI 12/31	SAT 01/01/22
<p>8:40 <b>AQUA</b> Pool                      9:00 <b>TRX</b> Michaela                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b> Donna                      5:30 <b>SPIN</b> Alissa                      5:30 <b>YOGA</b> Sheryl                      6:00 <b>YOGA</b> after <b>SPIN</b></p>	<p>5:30 <b>SMALL GP TRAINING</b> Alissa                      8:40 <b>AQUA</b> Pool                      9:00 <b>BARRE</b> Sarah                      10:00 <b>YOGA</b> Sheryl                      10:00 <b>ARTHRITIS</b> Pool                      5:30 <b>SMALL GROUP TRAINING</b> John                      6:00 <b>ZUMBA</b> Monica</p>	<p>8:40 <b>AQUA</b> Pool                      9:00 <b>ALL AROUND FITNESS</b> Donna                      10:00 <b>ARTHRITIS</b> Pool                      10:00 <b>SILVER SNEAKERS</b>                      5:30 <b>SPIN</b> Alissa                      5:30 <b>YOGA</b> Sheryl                      6:00 <b>YOGA</b> after <b>SPIN</b></p>	<p>5:30 <b>SMALL GROUP TRAINING</b> Alissa                      8:40 <b>AQUA</b> Pool                      9:00 <b>BARRE</b> Sarah                      10:00 <b>YOGA</b> Sheryl                      10:00 <b>ARTHRITIS</b> Pool                      5:30 <b>SMALL GROUP TRAINING</b> John</p>	<p>8:40 <b>AQUA</b> Pool                      10:00 <b>ARTHRITIS</b> Pool</p>	<p><b>Happy New Year!</b>    <b>Club OPEN for Members Only with SCAN card access.</b>  <b>Pool &amp; Locker rooms closed.</b></p>

# THE ENERGY CLUB

## Group Exercise Class Descriptions

Key	Class Description	Duration	Location
AAF	<b>All Around Fitness:</b> "Old school" style aerobics class for all levels.	60 mins	Group Fitness Room
AB	<b>Abs/Glutes:</b> Tone and sculpt the abs and glutes for core strength & stability!	45 to 60 mins	Group Fitness Room
AQ	<b>Aqua:</b> The water adds resistance to burn calories, without joint strain.	60 mins	Pool
ART	<b>Arthritis Pool:</b> Warm water adds resistance to safely strengthen, soothe and protect joints.	60 mins	Pool
BF	<b>Barre:</b> Inspired by Pilates, dance, yoga and strength training for overall toning.	60 mins	Group Fitness Room
CM	<b>Core &amp; More:</b> Start with a great core/abdominal workout, enjoy yoga inspired stretches and end with well-deserved relaxation!	60 mins	Group Exercise Room
IN	<b>Interval:</b> Cardio and muscle toning with brief rest intervals for strength & endurance.	60 mins	Group Fitness Room
SGT	<b>Small Group Training:</b> High Intensity workout with our Personal Trainers for strength, endurance, and agility.	45 to 60 mins	Red Room
SP	<b>Spin:</b> Effective cycling workout for endurance and strength on a stationary bike.	45 to 60 mins	Spin Studio
SS	<b>Silver Sneakers;</b> Build strength, range of motion, coordination, endurance, standing balance and friendships to enjoy life!	45 mins	Group Fitness Room
TRX	<b>TRX:</b> Suspension band training develops strength, balance, flexibility and core stability.	45 to 60 mins	Red Room
YG	<b>Yoga</b> Improve breathing, strength, flexibility, balance, mindfulness and relaxation skills.	60 mins	Group Fitness Room
ZU	<b>Zumba;</b> Let the music move you for this fun, easy to-follow calorie-burning fitness-party!	60 mins	Group Fitness Room