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

## **THE ENERGY CLUB**

## **Group Exercise Class Descriptions**

Key	Class Description	Duration	Location
AAF	All Around Fitness: "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	Arthritis Pool: 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
СМ	<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	Silver Sneakers; 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