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 TEAM
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 SPIN 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 AQUA Pool	FITNESS Donna	8:40 AQUA 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	A
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	Abs/Glutes: Tone and sculpt the abs and glutes for core strength & stability!	45 to 60 mins	Group Fitness Room
AQ	Aqua: 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	Barre: Inspired by Pilates, dance, yoga and strength training for overall toning.	60 mins	Group Fitness Room
СМ	Core & More : Start with a great core/abdominal workout, enjoy yoga inspired stretches and end with well-deserved relaxation!	60 mins	Group Exercise Room
IN	Interval: Cardio and muscle toning with brief rest intervals for strength & endurance.	60 mins	Group Fitness Room
SGT	Small Group Training: High Intensity workout with our Personal Trainers for strength, endurance, and agility.	45 to 60 mins	Red Room
SP	Spin: 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	TRX: Suspension band training develops strength, balance, flexibility and core stability.	45 to 60 mins	Red Room
YG	Yoga Improve breathing, strength, flexibility, balance, mindfulness and relaxation skills.	60 mins	Group Fitness Room
ZU	Zumba; Let the music move you for this fun, easy to-follow calorie- burning fitness-party!	60 mins	Group Fitness Room