

# THE ENERGY CLUB



## GROUP EXERCISE SCHEDULE & EVENTS DECEMBER 2022

**VIEW ONLINE**

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

**JOIN "ENERGY CLUB CREW" FOR FUN RUNS & WALKS! NEXT EVENT: JINGLE BELL 5K WALK/RUN DEC 3, LONG BEACH**

**PICKLEBALL:** Text Pickle to 52236 for info re: lessons, league, social tournaments – FREE for members!

**POOL HOURS:** Monday to Thursday 5am to 8:45pm. Fri to Sun 8am to 5:45pm.

**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. *S. SNEAKERS* = SILVER SNEAKERS

### December Member Appreciation

Stay after your class or workout to join us for  
Pot Luck friendship and cheer in the lobby!

**Mon Dec 12 - 9am to 10:30am & 6 to 7:30pm**

**Tue Dec 13 - 10am to 11:30am & 6 to 7:30 pm**

**Wed Dec 14 - 10am to 11:30am**

			THUR 12/01	FRI 12/02	SAT
			5:30 <b>BOOTCAMP</b> Alissa 8:00 <b>SPIN</b> Alicia 8:30 <b>AB</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>RES YOGA</b> Sheryl 5:30 <b>BOOTCAMP</b> Alissa 6:00 <b>ZUMBA</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>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b>	12/03  9:00 <b>BARRE</b> Sarah
MON 12/05	TUE 12/06	WED 12/07	THUR 12/08	FRI 12/09	SAT
8:00 <b>INTERVAL</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Michaela 10:00 <b>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>BARRE</b> Jordan	5:30 <b>BOOTCAMP</b> Alissa 8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl 5:30 <b>BOOTCAMP</b> Alissa 6:00 <b>ZUMBA</b> Monica	8:00 <b>CIRCUIT SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>BARRE</b> Jordan	5:30 <b>BOOTCAMP</b> Alissa 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 5:30 <b>BOOTCAMP</b> Alissa 6:00 <b>ZUMBA</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>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b> <i>Scan card entry after 5:30</i>	12/10  9:00 <b>BARRE</b> Jordan
MON 12/12	TUE 12/13	WED 12/14	THUR 12/15	FRI 12/16	SAT
8:00 <b>INTERVAL</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Michaela 10:00 <b>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>BARRE</b> Jordan	5:30 <b>BOOTCAMP</b> Alissa 8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl 5:30 <b>BOOTCAMP</b> Alissa 6:00 <b>ZUMBA</b> Monica	8:00 <b>CIRCUIT SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>BARRE</b> Jordan	5:30 <b>BOOTCAMP</b> Alissa 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 5:30 <b>BOOTCAMP</b> Alissa 6:00 <b>ZUMBA</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>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b>	12/17  9:00 <b>BARRE</b> Sarah
MON 12/19	TUE 12/20	WED 12/21	THUR 12/22	FRI 12/23	SAT 12/24
8:00 <b>INTERVAL</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Michaela 10:00 <b>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>BARRE</b> Jordan	5:30 <b>BOOTCAMP</b> Alissa 8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl 5:30 <b>BOOTCAMP</b> Alissa	8:00 <b>CIRCUIT SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>BARRE</b> Jordan	5:30 <b>BOOTCAMP</b> Alissa 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 5:30 <b>BOOTCAMP</b> Alissa 6:00 <b>ZUMBA</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>S. SNEAKERS</b> Donna 10:00 <b>ARTHRITIS POOL</b>	Christmas Eve! <b>OPEN to 4pm</b>  Scan card entry for Members only after 4pm  <b>Merry Christmas!</b> 🎄
MON 12/26	TUE 12/27	WED 12/28	THUR 12/29	FRI 12/30	SAT 12/31
5:30 pm <b>SPIN</b> Alissa	9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl  5:30pm <b>BOOTCAMP</b> Alissa	9:00 <b>AAF</b> Donna 10:00 <b>S. SNEAKERS</b> Donna  5:30pm <b>SPIN</b> Alissa	10:00 <b>RES YOGA</b> Sheryl  5:30pm <b>BOOTCAMP</b> Alissa	10:00 <b>S. SNEAKERS</b> Donna	<b>Happy New Year's Eve!</b> Scan card entry for Members only after 4pm & <i>all day on 1/1/23</i> <b>Happy New Year!</b>

<b>THE ENERGY CLUB</b> CLASS DESCRIPTION	DURATION	LOCATION	<i>Good if want:</i>
<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 for your comfort	60 mins	Group Fitness Room	Moderate level class with bursts of high energy
<b>Abs:</b> Varied workout targeting core & abs, often with use of portable fitness equipment. Bring a mat!	15 to 30 mins	AM-Group Fitness Room PM - Red Room	Moderate level class
<b>Abs/Glutes:</b> Tone and sculpt the abs and glutes for core strength & stability! Bring a mat!	45 to 60 mins	Group Fitness Room	Moderate to High level
<b>Barre:</b> Inspired by Pilates, dance, yoga and strength training for overall toning & cardiac endurance. Bring a mat!	60 mins	Group Fitness Room	All fitness level class to work at your own pace
<b>Boot Camp:</b> High intensity fitness challenges & fun camaraderie with various whole-body workouts including aerobic & strength training.	45 to 60 mins	Red Room	High level intensity at own pace & rest breaks
<b>Circuit:</b> Short bursts of various cardio & strengthening exercises with fitness equipment for endurance & toning. Bring a mat for the cool down stretch.	60 mins	Group Fitness Room	Moderate to high level
<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>Interval:</b> Cardio and muscle toning with brief rest intervals for strength & endurance. Bring a mat!	60 mins	Group Fitness Room	Moderate to High level full body, high impact
<b>Silver Sneakers (S. Sneakers):</b> 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	Slow pace, low impact with modifications for safety.
<b>Spin:</b> Don't be fooled, the bike may be stationary, but you're <i>not</i> during this high calorie burning effective cycling workout for endurance & strength!	45 to 60 mins	Spin Studio	Moderate to High, start with 10 mins!
<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> A slower class with the body comfortably supported with bolsters & blocks during 5 to 6 poses to help restore the autonomic nervous system for complete health! Bring a mat!	60 mins	Group Fitness Room	Low impact, relaxation, no transition to stand
<b>Zumba:</b> 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	Low to high impact fun, energetic class!
<b>POOL CLASSES</b>	<b>DURATION</b>	<b>LOCATION</b>	
<b>Arthritis Pool:</b> Warm water adds resistance to safely strengthen, soothe & protect joints.	60 mins	Pool	Slow, gentle yet effective class
<b>Aqua:</b> The water adds resistance to burn calories, improve strength, posture and endurance with reduced risk of joint strain.	60 mins	Pool	Higher energy & strength class