

# THE ENERGY CLUB

**GROUP EXERCISE SCHEDULE & EVENTS**  
**December 2024**  
**ONLINE: the-energy-club.com**

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

**POOL HOURS: Monday to Thursday 5am to 8:45pm. Fri 5am to 6:45pm. Sat & Sun 9am to 1:45pm.**

**Pool blocked for Exercise; No lap or Recreational use: Mon, Wed, Fri 8:40am to 9:40am & 10am to 11am, Tue & Thu 5-6pm.**

**CLASS KEY: AAF = ALL AROUND FITNESS. RES YOGA = RESTORATIVE YOGA**

MON 12/02	TUE 12/03	WED 12/04	THUR 12/05	FRI 12/06	SAT 12/07
8:00 <b>SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Lauren 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Stacey	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	8:00 <b>CIRCUIT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Stacey	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>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</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>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> . <b>*OPEN TO 5:30P STAFF PARTY</b>	9:00 <b>PILATES PLUS</b> Lauren  <i>FRI 12/6</i> <b>*STAFF XMAS PARTY</b> <i>Pool &amp; Locker Rooms open to 5:30pm. Scan Card entry Members ONLY after 5:30pm</i>
MON 12/09	TUE 12/10	WED 12/11	THUR 12/12	FRI 12/13	SAT 12/14
8:00 <b>SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Lauren 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Stacey	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica	8:00 <b>CIRCUIT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Stacey	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>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</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>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b>	9:00 <b>SPIN</b> Alissa  <i>Stop by Front Desk Dec 16 to Dec 22 For Member Appreciation Week Prize Drawings!</i>
MON 12/16	TUE 12/17	WED 12/18	THUR 12/19	FRI 12/20	SAT 12/21
8:00 <b>SCULPT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Lauren 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b> Stacey <b>STOP BY DESK FOR</b>	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Monica <b>MEMBER</b>	8:00 <b>CIRCUIT</b> Alicia 8:40 <b>AQUA POOL</b> 9:00 <b>AAF</b> Donna 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Nena 6:00 <b>YOGA</b> Stacey <b>APPRECIATION</b>	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>RES YOGA</b> Lauren 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Nena 6:00 <b>MIXXEDFIT</b> Monica <b>WEEK</b>	8:00 <b>CORE &amp; MORE</b> Donna 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Michaela 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> <b>PRIZE DRAWINGS</b>	9:00 <b>PILATES PLUS</b> Sheryl
MON 12/23	TUE 12/24	WED 12/25	THUR 12/26	FRI 12/27	SAT 12/28
8:40 <b>AQUA POOL</b> 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa	<b>Pool &amp; Locker rooms open to 4pm. Scan Card entry Members ONLY after 4pm.</b>	<b>Merry Christmas! Scan Card entry for Members ONLY</b>	10:00 <b>RES YOGA</b> Sheryl 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa	8:00 <b>CORE &amp; MORE</b> Donna 8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Michaela 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b>	9:00 <b>SPIN</b> Alissa
MON 12/30	TUE 12/31	WED 01/01/25	THUR 01/02/25	Christmas Hours	NEW CLASS
8:40 <b>AQUA POOL</b> 9:00 <b>TRX</b> Lauren 10:00 <b>GOLD FIT</b> Donna 10:00 <b>ARTHRITIS POOL</b> 5:30 <b>SPIN</b> Alissa 6:00 <b>YOGA</b>	9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Sheryl <b>Happy New Year's Eve!</b> <b>Pool &amp; Locker rooms open to 4pm. Scan Card entry Members ONLY after 4pm</b>	<b>Happy New Year!</b> <b>Scan Card entry for Members ONLY</b>	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 5:00 <b>AQUA FIT</b> Nyla 5:30 <b>SCULPT</b> Alissa 6:00 <b>MIXXEDFIT</b> Katherine	<b>12/24: Pool &amp; Locker open to 4pm. Scan Card entry Members ONLY after 4pm.</b> <b>12/25: Scan Card Entry for Members ONLY.</b> <b>12/31: Pool &amp; Locker rooms open to 4pm. Scan Card entry Members ONLY after 4pm.</b> <b>1/1/25: Scan Card Entry for Members ONLY.</b>	<b>Starts Jan 7, 2025 Machines 101</b>  <b>Tue: 11am</b> <b>Thur: 6pm</b> <b>Sign up at the Front Desk to learn how to use the Fitness Machines.</b> <b>Each Class limited to 4 members</b>

<b>THE ENERGY CLUB</b>	<b>CLASS DESCRIPTIONS</b>	<b>DURATION</b>	<b>LOCATION</b>	<b>Good if want:</b>
	<b>Abs:</b> Varied workout targeting core, abs & glutes Bring a mat!	30 mins	Group Fitness Room	Low impact, core strengthening.
	<b>Achieving Fitness Goals:</b> Educational presentation with Information to help you Achieve your Fitness Goals!	30 mins	Group Fitness Room	<b>FREE. All Members &amp; Guests Welcome.</b>
	<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.	60 mins	Group Fitness Room	Moderate level, bursts of high energy
	<b>Arthritis Pool:</b> Warm water adds resistance to safely strengthen, soothe & protect joints.	60 mins	Pool	Slow, gentle yet effective class
	<b>Aqua Aerobics:</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
	<b>Aqua Fit:</b> Energetic Aqua Aerobics class for full body workout & cardio!	60 mins	Pool	All fitness levels, do at your own pace
	<b>Barre:</b> Inspired by Pilates, dance, yoga, and strength training for overall toning & cardiac endurance. Class format varies with use of hand weights, Pilates ring, exercise bands & balls. Bring a mat!	60 mins	Group Fitness Room	All fitness levels, do at your own pace
	<b>Circuit:</b> Short bursts of cardio & strengthening exercises with fitness equipment for endurance & toning. Bring a mat for 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>Gold Fit:</b> 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>Machines 101:</b> Learn how to use the Fitness Machines correctly with our Personal Trainers. Limited to 4 members per class; sign up at the front desk to reserve your place!	60 mins	Meet Personal Trainer at the Front Desk.	Instruction for all Fitness Levels.
	<b>MixedFit®</b> Is so much fun it doesn't feel like exercise! Enjoy all genres of music with repetitive & easy to follow dance movements for effective body-weight exercises that will tone and sculpt your body.	60 mins	Group Fitness Room	Choose either low or high impact moves. Fun, energetic class!
	<b>Pilates Plus:</b> Low impact full body strength, stretch, tone & cardio with lots of variety to keep it fun & effective!	60 min	Group Fitness Room	Low impact. All fitness levels
	<b>Sculpt:</b> Cardio and muscle toning for strength & endurance. Bring a mat!	60 mins	Group Fitness Room	Moderate to high level. High impact
	<b>Sculpt Abs &amp; Arms:</b> 6-week program with focus on Core and Upper Body Strength & Toning. Bring a mat!	30 mins	Group Fitness Room	All Levels; go at own pace
	<b>Spin:</b> Don't be fooled, the bike may be stationary, but you're <b>not</b> during this high calorie burning, effective cycling workout for endurance & strength! Class may also include upper body strengthening exercises.	30 to 45 mins	Spin Studio	Moderate to high Cardio. 1st time? 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> Slow class with the body comfortably supported with bolsters & blocks to help relax & restore the autonomic nervous system for complete health! Bring a mat!	60 mins	Group Fitness Room	Low impact. All poses on the yoga mat – no standing.

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