

# THE ENERGY CLUB

## GROUP EXERCISE SCHEDULE & EVENTS

December 2025

VIEW ONLINE: [the-energy-club.com](http://the-energy-club.com)



CONTACT US: Text: 228 567-4949 Email: [Admin@the-energy-club.com](mailto:Admin@the-energy-club.com)

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

VIEW ONLINE



POOL HOURS FOR MEMBERS: Monday to Thursday 5am to 8:45pm. Fri 5am to 6:45pm. Sat & Sun 9am to 3:45pm.

No Lap or Recreational Pool use: Mon, Wed, Fri 8:30 to 11am, Tue & Thu 5-6pm during classes.

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

| MON 12/1   | TUE 12/2  | WED 12/3  | THUR 12/4   | FRI 12/5   | FACEBOOK   |
|--|---|---|---|--|--|
| 8:00 SCULPT Alicia<br>8:40 AQUA POOL<br>9:00 TRX Member Led<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br>5:30 SPIN Alissa<br>6:00 YOGA Amy | 8:00 SPIN Alicia<br>8:30 ABS Alicia<br>9:00 BARRE Sarah<br>10:00 YOGA Sheryl<br>5:00 AQUA FIT Nyla<br>6:00 MIXXEDFIT Monica   | 8:00 CIRCUIT Alicia<br>8:40 AQUA POOL<br>9:00 AAF Donna<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br>5:30 SPIN Alissa<br>6:00 YOGA Amy  | 8:00 SPIN Alicia<br>8:30 ABS Alicia<br>9:00 BARRE Sarah<br>10:00 RES YOGA Sheryl<br>5:00 AQUA FIT Nyla<br>6:00 MIXXEDFIT Monica       | 8:00 CORE & MORE Donna<br>8:40 AQUA POOL<br>9:00 TRX Michaela<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL  |  |
| MON 12/8   | TUE 12/9  | WED 12/10   | THUR 12/11  | FRI 12/12  | INSTAGRAM  |
| 8:00 SCULPT Alicia<br>8:40 AQUA POOL<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br>5:30 SPIN Alissa<br>6:00 YOGA Amy                        | 8:00 SPIN Alicia<br>8:30 ABS Alicia<br>9:00 BARRE Sarah<br>10:00 YOGA Sheryl<br>5:00 AQUA FIT Nyla<br>6:00 MIXXEDFIT Monica   | 8:00 CIRCUIT Alicia<br>8:40 AQUA POOL<br>9:00 AAF Donna<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br>5:30 SPIN Alissa<br>6:00 YOGA Amy  | 8:00 SPIN Alicia<br>8:30 ABS Alicia<br>9:00 BARRE Sarah<br>10:00 RES YOGA Sheryl<br>5:00 AQUA FIT Nyla<br>6:00 MIXXEDFIT Monica       | 8:00 CORE & MORE Donna<br>8:40 AQUA POOL<br>9:00 TRX Michaela<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br><b>Pool &amp; Locker Rooms Close 5pm. Scan Card access only after 5pm</b> |  |
| MON 12/15  | TUE 12/16   | WED 12/17   | THUR 12/18  | FRI 12/19  | GOOGLE   |
| 8:00 SCULPT Alicia<br>8:40 AQUA POOL<br>9:00 TRX Lauren<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br>5:30 SPIN Alissa<br>6:00 YOGA Amy     | 8:00 SPIN Alicia<br>8:30 ABS Alicia<br>9:00 BARRE Sarah<br>10:00 YOGA Sheryl<br>6:00 MIXXEDFIT Monica   | 8:00 CIRCUIT Alicia<br>8:40 AQUA POOL<br>9:00 AAF Donna<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br>5:30 SPIN Alissa<br>6:00 YOGA Amy  | 8:00 SPIN Alicia<br>8:30 ABS Alicia<br>9:00 BARRE Sarah<br>10:00 RES YOGA Sheryl<br>5:00 AQUA FIT Nyla<br>6:00 MIXXEDFIT Monica       | 8:00 CORE & MORE Donna<br>8:40 AQUA POOL<br>9:00 TRX Michaela<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL  | <br><i>Show Love!<br/>Post a Review!</i>   |
| MON 12/22  | TUE 12/23   | WED 12/24   | THUR 12/25  | FRI 12/26  | ACCOUNT  |
| 8:40 AQUA POOL<br>9:00 TRX Lauren<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br>5:30 SPIN Alissa<br>6:00 YOGA Amy                           | 9:00 BARRE Sarah<br>10:00 YOGA Sheryl<br>5:00 AQUA FIT Nyla<br><b>FREE Body Composition Testing!</b><br><b>11:15am to 12:15pm &amp; 5pm to 6pm.</b><br><i>Helping you to "aim to maintain, not gain" over the holidays!</i> | 8:40 AQUA POOL<br>9:00 AAF Donna<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br><b>No PM Classes.</b><br><b>No PM Childcare.</b><br><b>Open for Members ONLY with Scan Card entry from 4pm 12/24 to 9am 12/26</b> | <b>Merry Christmas Energy Club family!</b><br><br><b>Members ONLY with Scan Card entry.</b><br><b>Pool &amp; Locker Rooms Closed.</b> | <b>Pool &amp; Locker Rooms open till 6:45pm.</b><br><b>No Classes.</b><br><b>No Childcare</b><br><br><i>Enjoy all the fitness areas &amp; amenities!</i>                                   | <br>Update your email address at the front desk for password link, then use scan card # for User Name.                               |
| MON 12/29  | TUE 12/30   | WED 12/31   | THUR 1/1/2026   | FRI 1/2/26   | Fit in '26!  |
| 8:40 AQUA POOL<br>9:00 TRX Lauren<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br>6:00 YOGA Amy   | 9:00 BARRE Sarah<br>10:00 YOGA Sheryl<br>5:00 AQUA FIT Nyla<br><b>Visit us at <a href="http://the-energy-club.com">the-energy-club.com</a></b><br>  | 8:40 AQUA POOL<br>9:00 AAF Donna<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL<br><b>No PM Classes.</b><br><b>No PM Childcare</b><br><b>Open for Members ONLY with Scan Card entry from 4pm 12/31 to 9am 1/2/26</b> | <b>Happy New Year 2026</b><br><br><b>Members ONLY with Scan Card entry.</b><br><b>Pool &amp; Locker Rooms Closed</b>                  | 8:00 CORE & MORE Donna<br>8:40 AQUA POOL<br>9:00 TRX Michaela<br>10:00 GOLD FIT Donna<br>10:00 ARTHRITIS POOL  | <b>Make your workouts count with a Personal Training Program!</b><br><b>Text us at 228 567-4949 for details &amp; to get started</b> |

| <b>THE ENERGY CLUB</b> CLASS DESCRIPTIONS  | TIME          | WHERE              | <i>Good if want:</i>   |
|--|---------------|--------------------|--|
| <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.</b> All Members & Guests Welcome.   |
| <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> 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, & 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 of abs, arms, legs with various fitness equipment for endurance & toning. Bring a mat for cool down stretch.  | 45 to 60 mins | Group Fitness Room | Moderate to high level. Beginners welcome, at own pace!  |
| <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>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>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? Arrive early to set up bike, stay 10-15 mins & gradually build up time, resistance & speed! |
| <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!<br><i>ARRIVE by 10am. DOOR IS LOCKED AT 10AM FOR UNINTERRUPTED RELAXATION</i> | 60 mins       | Group Fitness Room | Low impact. All poses on the yoga mat – no standing.   |

**Members aged 12 to 15 may join classes & work out if as long as there is constant parental supervision.**