

# THE ENERGY CLUB

## GROUP EXERCISE SCHEDULE & EVENTS

February 2026

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



CONTACT US: Text: 228 567-4949 Email: 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 – Welcome to join classes!

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

Member Appreciation	NEW CLASS!	Special Class Event	CLASS ALERTS	PERSONAL TRAINING	FACEBOOK
<p><b>Mon Feb 23</b> 5-7pm &amp; <b>Wed Feb 25</b> 9-11:30 am <b>FREE</b></p> <p>Body Composition Test Health Information Healthy Snacks</p>	<p>Core &amp; Curves 6:15pm Mon &amp; Wed.</p> <p>Join Alissa for Fun &amp; Energetic Strength training to keep your booty lifted &amp; waist snatched!</p>	<p>Join Nyla for Fun Friday Fitness Frivolous Pool Party! Fri Feb 27 At 5pm. <b>FREE for Members!</b></p> <p>Prizes for amusing face &amp; head props! (hair, hats, glasses etc.)</p>	<p>SPIN with Alicia on Tue &amp; Thur AM now starts at 7:45am. YOGA with Amy now at 5:15 pm on Mondays. <b>NEW CLASS:</b> CORE &amp; CURVES with Alissa 6:15pm Mon &amp; Wed</p>	<p>Need guidance for a Personalized Workout Program? Text us at: 228 567-4949 for details! One, Five &amp; Ten session packages available!</p>	
MON 2/2	TUE 2/3	WED 2/4	THUR 2/5	FRI 2/6	INSTAGRAM
<p>8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Member Led 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:00 YOGA Amy 5:30 SPIN Alissa</p>	<p>7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Lauren 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica</p>	<p>8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa</p>	<p>7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Lauren 6:00 MIXXEDFIT Monica</p>	<p>8:00 CORE &amp; MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL</p>	
MON 2/9	TUE 2/10	WED 2/11	THUR 2/12	FRI 2/13	GOOGLE
<p>8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Lauren 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:00 YOGA Amy 5:30 SPIN Alissa</p>	<p>7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica</p>	<p>8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa</p>	<p>7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica</p>	<p>8:00 CORE &amp; MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL</p>	<p>Show Love! Post a Review!</p>
MON 2/16	TUE 2/17	WED 2/18	THUR 2/19	FRI 2/20	VISIT ONLINE!
<p>8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Member Led 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:00 YOGA Amy 5:30 SPIN Alissa</p>	<p>7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl</p> <p><i>Mardi Gras</i></p>	<p>8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa</p>	<p>7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica</p>	<p>8:00 CORE &amp; MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL</p>	
MON 2/23	TUE 2/24	WED 2/25	THUR 2/26	FRI 2/27	NEW CLASS!
<p>8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Lauren 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:00 YOGA Amy 5:30 SPIN Alissa 6:15 CORE &amp; CURVES Alissa</p>	<p>7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica</p>	<p>8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:15 CORE &amp; CURVES Alissa</p>	<p>7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica</p>	<p>8:00 CORE &amp; MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:00 Fun Friday Fitness Frivolous Pool Party! Nyla</p>	<p>Functionally Fit HIIT with Anne 5:15pm Tue &amp; Thur Red Room Starts March 3</p>

<b>THE ENERGY CLUB</b>	<b>CLASS DESCRIPTIONS</b>	<b>TIME</b>	<b>WHERE</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> 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>Core &amp; Curves:</b> Fun & Energetic Strength training to keep your booty lifted & waist snatched! Bring a mat!	30 to 40 mins	Group Fitness Room	Body weight training and weightlifting for all fitness levels
	<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>Interval:</b> Cardio and muscle toning for strength & endurance. Bring a mat!	60 mins	Group Fitness Room	Moderate to high level. High to moderate impact
	<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 INTERVAL your body.	60 0mins	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>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! <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 as long as there is constant parental supervision.**