

THE ENERGY CLUB



GROUP EXERCISE SCHEDULE & EVENTS July 2024

VIEW ONLINE

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 Swim Mon, Wed, Fri 8:40am to 9:40 am & 10am to 11am.

Pool blocked for KidFit; no access to pool area Tue & Thu from 12:30pm to 3 pm now until July 26th.

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

MON 07/01	TUE 07/02	WED 07/03	THUR 07/04	FRI 07/05	SAT 07/06
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Jordan	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Jordan	Happy Independence Day! Pool & Locker Rooms open to 4pm. Scan Card access for MEMBERS only after 4pm.	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL	
MON 07/08	TUE 07/09	WED 07/10	THUR 07/11	FRI 07/12	SAT 07/13
8:00 SCULPT Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Lauren	8:00 SPIN Sarah 8:30 ABS Sarah 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Donna 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Lauren	8:00 SPIN Sarah 8:30 ABS Sarah 9:00 BARRE Sarah 10:00 RES YOGA Lauren 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 PILATES PLUS Lauren
MON 07/15	TUE 07/16	WED 07/17	THUR 07/18	FRI 07/19	SAT 07/20
8:00 SCULPT Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Jordan	8:00 SPIN Jordan 8:30 ABS Jordan 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Donna 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Jordan	8:00 SPIN Jordan 8:30 ABS Jordan 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:00 AQUA FIT Nyla 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 PILATES PLUS Jordan
MON 07/22	TUE 07/23	WED 07/24	THUR 07/25	FRI 07/26	SAT 07/27
8:00 SCULPT Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Jordan	8:00 SPIN Jordan 8:30 ABS Jordan 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	Member Appreciation 9-11am & 5-7pm. 8:00 CIRCUIT Donna 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Jordan	8:00 SPIN Jordan 8:30 ABS Jordan 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:00 AQUA FIT Nyla 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 PILATES PLUS Jordan
MON 07/29	TUE 07/30	WED 07/31	T SHIRT SLOGANS	We Appreciate YOU!	CLASS CHANGES
8:00 SCULPT Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Jordan	8:00 SPIN Jordan 8:30 ABS Jordan 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 5:30 HIIT Alissa 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Donna 8:40 AQUA POOL 9:00 AAF Donna 10:00 S. SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Jordan	We need more entries! Text your favorite Fitness Slogan to 52236 for chance to WIN a T shirt & bragging rights! 😊	Wed July 24th 9-11am & 5-7pm. Members, we appreciate YOU! Join us for Spin the Wheel prizes & healthy snacks!	JULY: No Line Dancing & No 5:45pm Sculpt. NEW CLASS: 5pm Aqua Fit on Tue & Thu starts 7/16. PM YOGA: time change to 6-7PM

THE ENERGY CLUB CLASS DESCRIPTIONS	DURATION	LOCATION	<i>Good if want:</i>
Abs: Varied workout targeting core, abs & glutes Bring a mat!	30 mins	Group Fitness Room	Low impact, core strengthening.
All Around Fitness (AAF): "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
Arthritis Pool: Warm water adds resistance to safely strengthen, soothe & protect joints.	60 mins	Pool	Slow, gentle yet effective class
Aqua Aerobics: 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
Aqua Fit: Energetic Aqua Aerobics class for full body workout & Cardio!	60 mins	Pool	All fitness levels, do at your own pace
Barre: 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
Circuit: 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
Core & More: 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
HIIT - High Intensity Interval Training: Whole body strength, endurance, cardio, agility workouts with varying formats including circuit, Tabata, WOD (workout of the day) with fun camaraderie.	45 to 60 mins	Red Room	High level intensity at own pace with rest breaks
MixedFit® 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!
Sculpt: Cardio and muscle toning for strength & endurance. Bring a mat!	60 mins	Group Fitness Room	Moderate to high level. High impact
Silver Sneakers (S.Sneakers): 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.
Spin: 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!	30 to 45 mins	Spin Studio	Moderate to high Cardio. 1st time? Start with 10 mins!
TRX: Suspension band training develops strength, balance, flexibility and core stability. Bring a mat!	45 to 60 mins	Red Room	Low impact, slow, gentle class
Yoga: Improve breathing, strength, flexibility, balance, mindfulness, and relaxation skills. Bring a mat!	60 mins	Group Fitness Room	Low impact, mixed level class
Restorative Yoga (Res Yoga): Slow class with the body comfortably supported with bolsters & blocks to help restore the autonomic nervous system for complete health! Bring a mat!	60 mins	Group Fitness Room	Low impact, relaxation, no poses in standing.