

# THE ENERGY CLUB

## GROUP EXERCISE SCHEDULE & EVENTS

July 2025

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

CONTACT US: Text: 228 567-4949 Email: Admin@the-energy-club.com for Questions & Compliments!

**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 3:45pm.

No Lap or Recreational use: Mon, Wed, Fri 8:40am to 9:40am & 10am to 11am, Tue & Thu 5-6pm during classes.

No access to pool area, No Lap or Recreational use on Tues & Thurs from 1:30 to 3pm during KidFit swim.

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

Member Appreciation	TUE 7/1	WED 7/2	THUR 7/3	FRI 7/4	
<b>We appreciate YOU!</b> <b>Join us!</b> <b>Tues 7/15</b> <b>9 - 11am</b> <b>&amp;</b> <b>5 - 7pm</b> <b>Healthy Snacks</b> <b>FREE Nutrition Scan</b>	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Lauren 5:00 <b>AQUA FIT</b> Nyla 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> Anne	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 6:00 <b>MIXXEDFIT</b> Monica	<b>Happy 4<sup>th</sup> of July!</b> <b>No Classes</b> <b>No Childcare.</b> <b>Pool &amp; Locker Rooms</b> <b>close at 3:45pm.</b> <b>Members only after 4pm</b> <b>with Scan Card.</b>	Join us Fri July 11 at 6pm for <b>FUN FRI</b> <b>FITNESS</b> <b>LINE DANCE</b> with Alissa <b>FREE</b> for members!
MON 7/7	TUE 7/8	WED 7/9	THUR 7/10	FRI 7/11	SAT 7/12
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> Anne	8:00 <b>SPIN</b> Alicia 8:30 <b>ABS</b> Alicia 9:00 <b>BARRE</b> Sarah 10:00 <b>YOGA</b> Lauren 5:00 <b>AQUA FIT</b> Nyla 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> Anne	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 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> 6:00 <b>FUN FRI FITNESS LINE DANCE</b> Alissa	
MON 7/14	TUE 7/15	WED 7/16	THUR 7/17	FRI 7/18	SAT 7/19
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> Amy	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 6:00 <b>MIXXEDFIT</b> Monica <b>Member Appreciation</b> <b>9 - 11am &amp;</b> <b>5 - 7pm</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> Alissa 6:00 <b>YOGA</b> Amy	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 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>	
MON 7/21	TUE 7/22	WED 7/23	THUR 7/24	FRI 7/25	SAT 7/26
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> Anne	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 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> Anne	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 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>	
MON 7/28	TUE 7/29	WED 7/30	THUR 7/31	PERSONAL TRAINING	Swim lessons
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> Anne	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 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> Anne	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 6:00 <b>MIXXEDFIT</b> Monica	<b>Safer &amp; Faster Results</b> <b>with 1:1 Personal</b> <b>Training designed for</b> <b>YOU! 1 session - \$ 50</b> <b>5 sessions - \$ 225</b> <b>10 sessions - \$ 400</b> <b>Text: 228 567-4949 to</b> <b>schedule!</b>	<b>Text: 228 567-4949</b> <b>GROUP of 4:</b> <b>\$175 pp</b> <b>for six lessons.</b> <b>PRIVATE: \$50</b> <b>per lesson.</b> <b>6 mo to adult</b>

**Machines 101:** One session with a Personal Trainer for a complete body workout with the Strength Training machines.

Limited to 4 members per session. Text 228 567-4949 to register.

Must be aged 12+. Ages 12 to 14 must be accompanied by parent

<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 for9u 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? Start with 10 mins & gradually build up!
<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.
<b>TRAINING SESSION FOR MEMBERS ONLY – NO GUEST OR DAY PASSES.</b>				
<b>Machines 101:</b> One session with a Personal Trainer for a complete body workout with the Strength Training machines. Limited to 4 members per session Text 228 567-4949 to register. <b>Must be aged 12+. Ages 12 to 14 must be accompanied by parent.</b>		60 mins	Meet Personal Trainer at the Front Desk.	Instruction for all Fitness Levels.