

THE ENERGY CLUB

GROUP EXERCISE SCHEDULE & EVENTS

June 2025

VIEW ONLINE: the-energy-club.com

CONTACT US: Text: 228 567-4949 Email: Admin@the-energy-club.com Questions, Suggestions & 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

MON 6/2	TUE 6/3	WED 6/4	THUR 6/5	FRI 6/6	SAT 6/7
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Lauren 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Anne	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Anne 6:00 YOGA Anne	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Katherine	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Lauren 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL	9:00 PILATES PLUS Lauren
MON 6/9	TUE 6/10	WED 6/11	THUR 6/12	FRI 6/13	SAT 6/14
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Lauren 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Anne 6:00 YOGA Anne	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Katherine	8:00 CIRCUIT Alicia 8:40 AQUA POOL 9:00 AAF Donna 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Anne 6:00 YOGA Anne	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Katherine	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL	
MON 6/16	TUE 6/17	WED 6/18	THUR 6/19	FRI 6/20	SAT 6/21
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Lauren 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Anne	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica	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 6:00 YOGA Anne	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Lauren 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL	9:00 YOGA Lauren <i>Join us to Celebrate International Yoga Day!</i>
MON 6/23	TUE 6/24	WED 6/25	THUR 6/26	FRI 6/27	SAT 6/28
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Lauren 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Anne <i>Member Appreciation 5 - 7pm</i>	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Lauren 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica	8:00 CIRCUIT Alicia 8:40 AQUA POOL <i>Member Appreciation 9 - 11am</i> 9:00 AAF Donna 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Anne	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Lauren 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Katherine	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL	
MON 6/30	TUE 7/1	CONTACT US!	Swim lessons	PERSONAL TRAINING	Member Appreciation
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Lauren 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Anne	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 6:00 MIXXEDFIT Monica	Text: 228 567-4949 Email: Admin@the-energy-club.com Suggestions Questions Compliments	6 months to adults! For details Text: 228 567-4949 GROUP of 4: \$175 pp for six lessons. PRIVATE: \$50 per lesson	Safer & Faster Results with 1:1 Personal Training designed for YOU! 1 session - \$ 50 5 sessions - \$ 225 10 sessions - \$ 400 Text: 228 567-4949 to schedule!	We appreciate YOU! Join us! Mon 6/23 5 - 7pm & Wed 6/25 9 - 11am

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

THE ENERGY CLUB	CLASS DESCRIPTIONS	TIME	WHERE	<i>Good if want:</i>
Abs: Varied workout targeting core, abs & glutes Bring a mat!		30 mins	Group Fitness Room	Low impact, core strengthening.
Achieving Fitness Goals: Educational presentation with Information to help you Achieve your Fitness Goals!		30 mins	Group Fitness Room	FREE. All Members & Guests Welcome.
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: 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, & strength training for 9u 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 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!
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
Gold Fit: 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.
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!
Pilates Plus: 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
Sculpt: Cardio and muscle toning for strength & endurance. Bring a mat!		60 mins	Group Fitness Room	Moderate to high level. High impact
Spin: Don’t be fooled, the bike may be stationary, but you’re not 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!
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 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.
TRAINING SESSION FOR MEMBERS ONLY – NO GUEST OR DAY PASSES.				
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.		60 mins	Meet Personal Trainer at the Front Desk.	Instruction for all Fitness Levels.