

# THE ENERGY CLUB



## GROUP EXERCISE SCHEDULE & EVENTS MARCH 2023

**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 8am to 6:45pm. Sat & Sun 9am to 2pm.

**Pool blocked for Exercise; No lap or Recreational swim Mon to Fri 8:40am to 9:40 am & 10am to 11am.**

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

| <b>MEMBER APPRECIATION</b><br>WED March 29<br>9 to 11am and 5 to 7pm<br><br>With Hydration Station<br>to celebrate YOU<br>during National Nutrition month!                                       |                                                                                                                                                                                                                                                    | WED 03/01                                                                                                                                                                                                                                                | THUR 03/02                                                                                                                                                                                                                                                 | FRI 03/03                                                                                                                                               | SAT 3/04                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| <b>MON 03/06</b>                                                                                                                                                                                 | <b>TUE 03/07</b>                                                                                                                                                                                                                                   | 8:00 <b>CIRCUIT</b> Alicia<br>8:40 <b>AQUA POOL</b><br>9:00 <b>AAF</b> Donna<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b><br>5:30 <b>SPIN</b> Alissa<br>6:00 <b>YOGA</b> Sandy                                                       | 5:30 <b>BOOTCAMP</b> Alissa<br>8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah<br>10:00 <b>RES YOGA</b> Sarah<br>5:00 <b>TONE</b> Jordan<br>5:30 <b>BOOTCAMP</b> Alissa<br>5:30 <b>ABS</b> Jordan<br>6:00 <b>ZUMBA</b> Monica | 8:00 <b>CORE &amp; MORE</b> Donna<br>8:40 <b>AQUA POOL</b><br>9:00 <b>TRX</b> Michaela<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b> | 9:00 <b>BARRE</b> Jordan                          |
| 8:00 <b>INTERVAL</b> Alicia<br>8:40 <b>AQUA POOL</b><br>9:00 <b>TRX</b> Michaela<br>10:00 <b>S. SNEAKERS</b><br>10:00 <b>ARTHRITIS POOL</b><br>5:30 <b>SPIN</b> Alissa<br>6:00 <b>YOGA</b> Sandy | 5:30 <b>BOOTCAMP</b> Alissa<br>8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah<br>10:00 <b>YOGA</b> Donna<br>5:00 <b>TONE</b> Jordan<br>5:30 <b>BOOTCAMP</b><br>5:30 <b>ABS</b> Jordan<br>6:00 <b>ZUMBA</b> Monica    | 8:00 <b>CIRCUIT</b> Alicia<br>8:40 <b>AQUA POOL</b><br>9:00 <b>AAF</b> Donna<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b><br>5:30 <b>SPIN</b> Alissa<br>6:00 <b>YOGA</b> Sandy                                                       | 5:30 <b>BOOTCAMP</b> Alissa<br>8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah<br>10:00 <b>RES YOGA</b> Sarah<br>5:00 <b>TONE</b> Jordan<br>5:30 <b>BOOTCAMP</b> Alissa<br>5:30 <b>ABS</b> Jordan<br>6:00 <b>ZUMBA</b> Monica | 8:00 <b>CORE &amp; MORE</b> Donna<br>8:40 <b>AQUA POOL</b><br>9:00 <b>TRX</b> Michaela<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b> | 03/11<br>9:00 <b>BARRE</b> Sarah                  |
| <b>MON 03/13</b>                                                                                                                                                                                 | <b>TUE 03/14</b>                                                                                                                                                                                                                                   | <b>WED 03/15</b>                                                                                                                                                                                                                                         | <b>THUR 03/16</b>                                                                                                                                                                                                                                          | <b>FRI 03/17</b>                                                                                                                                        | <b>SAT 03/18</b>                                  |
| 8:00 <b>INTERVAL</b> Alicia<br>8:40 <b>AQUA POOL</b><br>9:00 <b>TRX</b> Michaela<br>10:00 <b>S. SNEAKERS</b><br>10:00 <b>ARTHRITIS POOL</b><br>5:30 <b>SPIN</b> Alissa<br>6:00 <b>YOGA</b> Sandy | 5:30 <b>BOOTCAMP</b> Alissa<br>8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah<br>10:00 <b>YOGA</b> Donna<br>5:00 <b>TONE</b> Jordan<br>5:30 <b>BOOTCAMP</b><br>5:30 <b>ABS</b> Jordan<br>6:00 <b>ZUMBA</b> Monica    | 8:00 <b>CIRCUIT</b> Alicia<br>8:40 <b>AQUA POOL</b><br>9:00 <b>AAF</b> Donna<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b><br>5:30 <b>SPIN</b> Alissa<br>6:00 <b>YOGA</b> Sandy                                                       | 5:30 <b>BOOTCAMP</b> Alissa<br>8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah<br>10:00 <b>RES YOGA</b> Sarah<br>5:00 <b>TONE</b> Jordan<br>5:30 <b>BOOTCAMP</b> Alissa<br>5:30 <b>ABS</b> Jordan<br>6:00 <b>ZUMBA</b> Monica | 8:00 <b>CORE &amp; MORE</b> Donna<br>8:40 <b>AQUA POOL</b><br>9:00 <b>TRX</b> Michaela<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b> | 9:00 <b>BARRE</b> Jordan                          |
| <b>MON 03/20</b>                                                                                                                                                                                 | <b>TUE 03/21</b>                                                                                                                                                                                                                                   | <b>WED 03/22</b>                                                                                                                                                                                                                                         | <b>THUR 03/23</b>                                                                                                                                                                                                                                          | <b>FRI 03/24</b>                                                                                                                                        | <b>SAT 03/25</b>                                  |
| 8:00 <b>INTERVAL</b> Alicia<br>8:40 <b>AQUA POOL</b><br>9:00 <b>TRX</b> Michaela<br>10:00 <b>S. SNEAKERS</b><br>10:00 <b>ARTHRITIS POOL</b><br>5:30 <b>SPIN</b> Jordan<br>6:00 <b>YOGA</b> Sandy | 5:30 <b>BOOTCAMP</b> Alissa<br>8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah<br>10:00 <b>YOGA</b> Donna<br>5:00 <b>TONE</b> Jordan<br>5:30 <b>BOOTCAMP</b><br>5:30 <b>ABS</b> Jordan<br>6:00 <b>ZUMBA</b> Katherine | 8:00 <b>CIRCUIT</b> Alicia<br>8:40 <b>AQUA POOL</b><br>9:00 <b>AAF</b> Donna<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b><br>5:30 <b>SPIN</b> Alissa<br>6:00 <b>YOGA</b> Sandy                                                       | 5:30 <b>BOOTCAMP</b> Alissa<br>8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah<br>10:00 <b>RES YOGA</b> Sarah<br>5:00 <b>TONE</b><br>5:30 <b>BOOTCAMP</b><br>5:30 <b>ABS</b><br>6:00 <b>ZUMBA</b> Katherine                   | 8:00 <b>CORE &amp; MORE</b> Donna<br>8:40 <b>AQUA POOL</b><br>9:00 <b>TRX</b> Michaela<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b> | 9:00 <b>BARRE</b> Sarah                           |
| <b>MON 03/27</b>                                                                                                                                                                                 | <b>TUE 03/28</b>                                                                                                                                                                                                                                   | <b>WED 03/29</b>                                                                                                                                                                                                                                         | <b>THUR 03/30</b>                                                                                                                                                                                                                                          | <b>FRI 03/31</b>                                                                                                                                        | <b>PICKLE BALL: Text Pickle to 52236 for info</b> |
| 8:00 <b>INTERVAL</b> Alicia<br>8:40 <b>AQUA POOL</b><br>9:00 <b>TRX</b> Michaela<br>10:00 <b>S. SNEAKERS</b><br>10:00 <b>ARTHRITIS POOL</b><br>5:30 <b>SPIN</b> Alissa<br>6:00 <b>YOGA</b> Sandy | 5:30 <b>BOOTCAMP</b> Alissa<br>8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah<br>10:00 <b>YOGA</b><br>5:00 <b>TONE</b> Jordan<br>5:30 <b>BOOTCAMP</b><br>5:30 <b>ABS</b> Jordan<br>6:00 <b>ZUMBA</b> Monica          | 8:00 <b>CIRCUIT</b> Alicia<br>8:40 <b>AQUA POOL</b><br>9:00 <b>AAF</b> Donna<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b><br>5:30 <b>SPIN</b> Alissa<br>6:00 <b>YOGA</b> Sandy<br><b>MEMBER APPRECIATION</b><br>9 to 11am & 5 to 7pm | 5:30 <b>BOOTCAMP</b> Alissa<br>8:00 <b>SPIN</b> Alicia<br>8:30 <b>ABS</b> Alicia<br>9:00 <b>BARRE</b> Sarah<br>10:00 <b>RES YOGA</b><br>5:00 <b>TONE</b> Jordan<br>5:30 <b>BOOTCAMP</b> Brian<br>5:30 <b>ABS</b> Jordan<br>6:00 <b>ZUMBA</b> Monica        | 8:00 <b>CORE &amp; MORE</b> Donna<br>8:40 <b>AQUA POOL</b><br>9:00 <b>TRX</b> Michaela<br>10:00 <b>S. SNEAKERS</b> Donna<br>10:00 <b>ARTHRITIS POOL</b> |                                                   |

| <b>THE ENERGY CLUB</b> CLASS DESCRIPTION                                                                                                                                                                                                                   | DURATION        | LOCATION           | <i>Good if want:</i>                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------------|------------------------------------------------------|
| <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 class with bursts of high energy      |
| <b>Abs:</b> Varied workout targeting core, abs & glutes Bring a mat!                                                                                                                                                                                       | 30 mins         | Group Fitness Room | Low impact, mixed level class                        |
| <b>Barre:</b> Inspired by Pilates, dance, yoga and strength training for overall toning & cardiac endurance. Bring a mat!                                                                                                                                  | 60 mins         | Group Fitness Room | All fitness level class to work at your own pace     |
| <b>Boot Camp:</b> High intensity fitness challenges & fun camaraderie with various whole-body workouts including aerobic & strength training.                                                                                                              | 45 to 60 mins   | Red Room           | High level intensity at own pace & rest breaks       |
| <b>CIRCUIT:</b> 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                               |
| <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>Interval:</b> Cardio and muscle toning with brief rest intervals for strength & endurance. Bring a mat!                                                                                                                                                 | 60 mins         | Group Fitness Room | Moderate to High level. High impact                  |
| <b>Silver Sneakers (S. Sneakers):</b> 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. |
| <b>Spin:</b> 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!                                                                                       | 45 to 60 mins   | Spin Studio        | Moderate to High, start with 10 mins!                |
| <b>Tone:</b> Variety of upper and lower body exercises in standing and on mat using weights, bands, body for overall toning for strength & endurance                                                                                                       | 30 mins         | Group Fitness Room | Low impact, mixed level class                        |
| <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> A slower class with the body comfortably supported with bolsters & blocks during 5 to 6 poses 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.        |
| <b>Zumba:</b> Let the music move you for this fun, easy to-follow calorie- burning fitness-party! No dance experience required, just a smile & fun attitude!                                                                                               | 60 mins         | Group Fitness Room | Low to high impact fun, energetic class!             |
| <b>POOL CLASSES</b>                                                                                                                                                                                                                                        | <b>DURATION</b> | <b>LOCATION</b>    |                                                      |
| <b>Arthritis Pool:</b> Warm water adds resistance to safely strengthen, soothe & protect joints.                                                                                                                                                           | 60 mins         | Pool               | Slow, gentle yet effective class                     |
| <b>Aqua:</b> 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                       |