

THE ENERGY CLUB

GROUP EXERCISE SCHEDULE & EVENTS
March 2026 **UPDATED 3/3/26**
VIEW ONLINE: 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

MON 3/2	TUE 3/3	WED 3/4	THUR 3/5	FRI 3/6	FACEBOOK
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 & CURVES Alissa	7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 5:15 FUNCTIONALLY FIT HIIT Anne 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 6:15 CORE & CURVES Alissa	7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:15 FUNCTIONALLY FIT HIIT Anne 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	
MON 3/9	TUE 3/10	WED 3/11	THUR 3/12	FRI 3/13	INSTAGRAM
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 & CURVES Alissa	7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 5:15 FUNCTIONALLY FIT HIIT Anne 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 6:15 CORE & CURVES Alissa	7:45 SPIN 8:30 ABS 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 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	
MON 3/16	TUE 3/17	WED 3/18	THUR 3/19	FRI 3/20	GOOGLE
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 & CURVES Alissa	7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Patty 5:15 FUNCTIONALLY FIT HIIT Anne 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 6:15 CORE & CURVES Alissa	7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:15 FUNCTIONALLY FIT HIIT Anne 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	 <i>Show Love! Post a Review!</i>
MON 3/23	TUE 3/24	WED 3/25	THUR 3/26	FRI 3/27	VISIT ONLINE!
88:00 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 & CURVES Alissa	7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 5:15 FUNCTIONALLY FIT HIIT Anne 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 Alissa 6:15 CORE & CURVES Alissa	7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:15 FUNCTIONALLY FIT HIIT Anne 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 3/30	TUE 3/31	Special Event Class	PERSONAL TRAINING	Member Appreciation	NEW CLASS!
88:00 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 6:15 CORE & CURVES Alissa	7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:00 AQUA FIT Nyla 5:15 FUNCTIONALLY FIT HIIT Anne 6:00 MIXXEDFIT Monica	Bingo Gone Bonkers 6 TO 7 PM Fri March 13 \$10 for 2 Bingo Cards. Bring donations of Tuna Cans, Peanut Butter Crackers, Fruit Cups & Granola Bars for Mercy Meals PRIZES, DANCE, LAUGH	Need guidance for a Personalized Workout Program? Text us at: 228 567-4949 for details! One, Five & Ten session packages available!	Tue March 24 9-11 am & 5-7pm FREE Body Composition Test Health Information Healthy Snacks Bring a Guest FREE today!	Functionally Fit HIIT with Anne 5:15pm Tue & Thur Red Room Starts March 3

THE ENERGY CLUB

CLASS DESCRIPTIONS

TIME

WHERE

Good if want:

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 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
Core & Curves: 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
Functionally Fit HIIT: Short, intense bursts of exercise followed by brief recovery periods for overall strengthening while keeping your heart rate elevated.	30 mins	Red Room	Moderate to high level energy & impact. Go at own pace!
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.
Interval: Cardio and muscle toning for strength & endurance. Bring a mat!	60 mins	Group Fitness Room	Moderate to high level. High to moderate impact
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 INTERVAL 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
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? Arrive early to set up bike, stay 10-15 mins & gradually build up time, resistance & speed!
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!	60 mins	Group Fitness Room	Low impact. All poses on the yoga mat – no standing.
ARRIVE by 10am. DOOR IS LOCKED AT 10AM FOR UNINTERRUPTED RELAXATION			

