

# THE ENERGY CLUB

May 2022 Group Exercise & Events


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



**CHILDCARE HOURS: Monday to Friday 8am to 12 noon. Monday to Thursday 4pm to 7pm.**

**PICKLEBALL:** Tuesday and Thursday 11am to 1pm & 5pm to 7pm. Meet at the Courts! Paddles at desk.  
Text Pickle to 52236 for occasional text notifications re: Lessons, League & Tournaments.

**POOL HOURS:** Monday to Thursday 5am to 8:45pm. Fri to Sun 8am to 5:45pm.  
**Pool blocked for Exercise; No lap or recreational swim Mon to Fri 8:40am to 9:40 am & 10am to 11am.**

MON 05/02	TUE 05/03	WED 05/04	THUR 05/05	FRI 05/06	SAT 05/07
8:00 INTERVAL Alicia 8:40 AQUA 9:00 TRX Michaela 10:00 SILVER SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 CORE & MORE Alissa	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SMALL GROUP TRAINING John 6:00 ZUMBA Monica	8:00 CIRCUIT Alicia 8:40 AQUA 9:00 ALL AROUND FITNESS Donna 10:00 SILVER SNEAKERS 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 CORE & MORE Alissa	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 SMALL GROUP TRAINING John 6:00 ZUMBA Monica	8:00 CORE & MORE Donna 8:40 AQUA 9:00 TRX Michaela 10:00 SILVER SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 BARRE Sarah
MON 05/09	TUE 05/10	WED 05/11	THUR 05/12	FRI 05/13	SAT 05/14
8:00 INTERVAL Alicia 8:40 AQUA 9:00 TRX Michaela 10:00 SILVER SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 CORE & MORE Alissa	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SMALL GROUP TRAINING John 6:00 ZUMBA Monica	8:00 ABS/GLUTES Alicia 8:40 AQUA 9:00 ALL AROUND FITNESS Donna 10:00 SILVER SNEAKERS 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 CORE & MORE Alissa	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 SMALL GROUP TRAINING John 6:00 ZUMBA Monica	8:00 CORE & MORE Donna 8:40 AQUA 9:00 TRX Michaela 10:00 SILVER SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 BARRE Sarah
MON 05/16	TUE 05/17	WED 05/18	THUR 05/19	FRI 05/20	SAT 05/21
8:00 INTERVAL Alicia 8:40 AQUA 9:00 TRX Michaela 10:00 SILVER SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 CORE & MORE Alissa	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SMALL GROUP TRAINING John 6:00 ZUMBA Monica	8:00 CIRCUIT Alicia 8:40 AQUA 9:00 ALL AROUND FITNESS Donna 10:00 SILVER SNEAKERS 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 CORE & MORE Alissa	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 SMALL GROUP TRAINING John 6:00 ZUMBA Monica	8:00 CORE & MORE Donna 8:40 AQUA 9:00 TRX Michaela 10:00 SILVER SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 BARRE Sarah
MON 05/23	TUE 05/24	WED 05/25	THUR 05/26	FRI 05/27	SAT 05/28
8:00 INTERVAL Alicia 8:40 AQUA 9:00 TRX Michaela 10:00 SILVER SNEAKERS Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 CORE & MORE Alissa	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SMALL GROUP TRAINING John 6:00 ZUMBA Monica	8:00 ABS/GLUTES Alicia 8:40 AQUA 9:00 ALL AROUND FITNESS Donna 10:00 SILVER SNEAKERS 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 5:30 CORE & MORE Alissa	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:30 SMALL GROUP TRAINING John 6:00 ZUMBA Monica	8:00 CORE & MORE Donna 8:40 AQUA 9:00 TRX Michaela 10:00 SILVER SNEAKERS Donna 10:00 ARTHRITIS POOL	9:00 BARRE Sarah
MON 05/30	TUE 05/31	Member Appreciation!	EMPOWER M.E	New Members	
<b>Happy Memorial Day!</b>  <b>Club open No classes No childcare</b>	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 YOGA Sheryl 5:30 SMALL GROUP TRAINING John 6:00 ZUMBA Monica	<b>We're Celebrating YOU with random Prize Drawings via Text!</b> <b>Log into EMPOWER M.E to update your cell #.</b> <b>1<sup>st</sup> time logging in - use scan card # for username &amp; password.</b>	Scan this code to open EMPOWER M.E to update your account! 	Learn about all our amenities, services, & programs for your personal fitness program! 5 pm Mondays & 11 am Tuesdays at Front Desk	

# THE ENERGY CLUB

## Group Exercise Class Descriptions

CLASS DESCRIPTION	DURATION	LOCATION
<b>All Around Fitness:</b> “Old school” style aerobics class for all levels.	60 mins	Group Fitness Room
<b>Abs/Glutes:</b> Tone and sculpt the abs and glutes for core strength & stability! Bring a mat!	45 to 60 mins	Group Fitness Room
<b>Barre:</b> Inspired by Pilates, dance, yoga and strength training for overall toning & endurance. Bring a mat!	60 mins	Group Fitness Room
<b>Circuit:</b> Series of short bursts of various cardio & strengthening exercises using variety of equipment to improve endurance & tone entire body. Bring a mat for the cool down stretch.	60 mins	Group Exercise Room
<b>Core &amp; More:</b> Low impact class with core strengthening exercises and athletic stretches to help reduce risk of injury caused by strong, tight muscles! Feels great after any workout! Bring a mat!	Varies by instructor- 45 to 60 mins	Group Fitness Room
<b>Interval:</b> Cardio and muscle toning with brief rest intervals for strength & endurance. Bring a mat!	60 mins	Group Fitness Room
<b>Silver 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
<b>Small Group Training:</b> High Intensity workout with our Personal Trainers for strength, endurance, and agility. Be prepared to sweat!	45 to 60 mins	Red Room
<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
<b>TRX:</b> Suspension band training develops strength, balance, flexibility and core stability. Bring a mat!	45 to 60 mins	Red Room
<b>Yoga:</b> Improve breathing, strength, flexibility, balance, mindfulness and relaxation skills. Bring a mat!	60 mins	Group Fitness Room
<b>Res Yoga:</b> A slower class with some Restorative poses to help restore the autonomic nervous system for complete health! Bring a mat!	60 mins	Group Fitness Room
<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
POOL CLASSES	DURATION	LOCATION
<b>Arthritis Pool:</b> Warm water adds resistance to safely strengthen, soothe & protect joints.	60 mins	Pool
<b>Aqua:</b> The water adds resistance to burn calories, improve strength, posture and endurance with reduced risk of joint strain.	60 mins	Pool