THE ENERGY CLUB

GROUP EXERCISE SCHEDULE & EVENTS
November 2026
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 8:30am to 11am.

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

MON 11/2	TUE 11/3	WED 11/4	THUR 11/5	FRI 11/6	*Join Online!*
8:00 **INTERVAL** Alicia 8:40 **AQUA** POOL 9:00 **TRX** *MEMBER LED* 10:00 **GOLD FIT** Donna 10:00 **ARTHRITIS** POOL 5:15 **YOGA** Amy 5:30 **SPIN** Nena	7:45 **SPIN** Alicia 8:30 **ABS** Alicia 9:00 **BARRE** Sarah 10:00 **YOGA** Sheryl 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** Nena	7:45 **SPIN** Alicia 8:30 **ABS** Alicia 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	*Then activate scan card at Front Desk*

OPEN HOUSE Mon 11/9 to Sun 11/15. Fun themed classes, Member Appreciation & Join NOW for FREE!
Invite Family & Friends! FREE Guest Pass for 18+ valid 11/9 to 11/15 by bringing ID to front desk.

MON 11/9	TUE 11/10	WED 11/11	THUR 11/12	FRI 11/13	SAT 11/14
8:00 **Blast from the Past: TAE BO PUNCH It Out Monday**! Wear Retro! Alicia 8:40 **AQUA** POOL 9:00 **TRX:** Michaela 10:00 **GOLD FIT** Donna 10:00 **ARTHRITIS** POOL 5:15 **Glow 80 YOGA.** Wear Neon! Amy 5:30 **SPIN** Nena *Member Appreciation 5pm to 7pm*	7:45 **SPIN** Alicia 8:30 **ABS** Alicia 9:00 **Disco Ball BARRE.** Wear 80's or Neon! Sarah 10:00 **YOGA** Sheryl 6:00 **MIXXEDFIT** Monica	8:00 **CIRCUIT** Alicia 8:40 **AQUA** POOL 9:00 **Flashback ALL AROUND FITNESS.** Wear Bright or Retro! Donna 10:00 **GOLD FIT Flashback.** Wear outfit of your favorite decade! Donna 10:00 **ARTHRITIS** POOL 5:30 **Nena's Neon Ride Glow SPIN** Wear Neon! Nena	7:45 **SPIN** Alicia 8:30 **ABS** Alicia 9:00 **BARRE** Sarah 10:00 **Radically Relaxed RESTORATIVE YOGA** Wear 80's! Sheryl 6:00 **Jungle Jam MIXXEDFIT** Wear Animal print! Monica	8:00 **CORE & MORE** Donna 8:40 **AQUA** POOL *Member Appreciation 9am to 11am* 9:00**: Strap in & Salute TRX.** Wear your favorite Military branch shirt**.** Michaela 10:00 **GOLD FIT** Donna 10:00 **ARTHRITIS** POOL	9am FREE YOGA For everyone at LB Town Green. Invite friends, Bring mat, towel & Water.

MON 11/16	TUE 11/17	WED 11/18	THUR 11/19	FRI 11/20	*Instagram*
8:00 **INTERVAL** Alicia 8:40 **AQUA** POOL 9:00 **TRX** Michaela 10:00 **GOLD FIT** Donna 10:00 **ARTHRITIS** POOL 5:15 **YOGA** Amy 5:30 **SPIN** Nena	7:45 **SPIN** Alicia 8:30 **ABS** Alicia 9:00 **BARRE** Sarah 10:00 **YOGA** Sheryl 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 5:15 **YOGA** Amy 5:30 **SPIN** Nena	7:45 **SPIN** Alicia 8:30 **ABS** Alicia 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 11/23	TUE 11/24	WED 11/25	THUR 11/26	FRI 11/27	*Website*
8:00 **INTERVAL** Alicia 8:40 **AQUA** POOL 9:00 **TRX** Michaela 10:00 **GOLD FIT** Donna 10:00 **ARTHRITIS** POOL 5:15 **YOGA** Amy 5:30 **SPIN** Nena	7:45 **SPIN** Alicia 8:30 **ABS** Alicia 9:00 **BARRE** Sarah 10:00 **YOGA** Sheryl 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 **No PM Childcare** **No PM Classes**	**Happy Thanksgiving!** **Club OPEN with Scan Card Entry for Ultimate Full Access Members Only. Pool & Locker Rooms closed.** **No Childcare/ Classes**	**Club Open regular hours.** **No Classes/ Childcare.**  **Pool & Locker Rooms open till 6:45pm.**	*The-energy-club.com*

MON 11/30	TUE 12/1/2026	OPEN HOUSE	Special Classes!	*We Appreciate YOU!*	*Facebook*
8:00 **INTERVAL** Alicia 8:40 **AQUA** POOL 9:00 **TRX** Michaela 10:00 **GOLD FIT** Donna 10:00 **ARTHRITIS** POOL 5:15 **YOGA** Amy 5:30 **SPIN** Nena	7:45 **SPIN** Alicia 8:30 **ABS** Alicia 9:00 **BARRE** Sarah 10:00 **YOGA** Sheryl 6:00 **MIXXEDFIT** Monica	**Mon Nov 9 to Sun Nov 15.** **Invite Family & Friends!** **FREE Guest Pass for 18+ valid 11/9 to 11/15 by bringing ID to front desk.**	Have MORE fun during OPEN HOUSE week with our Fun Themed Classes Invite family & friends to join you for FREE when they register at Front desk for a guest pass!	**Member Appreciation** **Monday Nov 9** **5-7pm** **Friday Nov 13** **9-11am** *We appreciate YOU!*	*Tag, Like, Check-in & Follow us!*

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.
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
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
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
MixxedFit 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 0mins	Group Fitness Room	Choose either low or high impact moves. Fun, energetic class!
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! *ARRIVE by 10am. DOOR IS LOCKED AT 10AM FOR UNINTERRUPTED RELAXATION*	60 mins	Group Fitness Room	Low impact. All poses on the yoga mat – no standing.