

THE ENERGY CLUB

GROUP EXERCISE SCHEDULE & EVENTS

October 2025

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.

SEE ONLINE

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 3:30 to 5pm during KidFit swim.

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

Member Appreciation	PERSONAL TRAINING	WED 10/1	THUR 10/2	FRI 10/3	SAT 10/4
Mon 10/27 5-7pm Thur 10/30 9-11am <i>"Treats not Tricks"</i> OPEN HOUSE! <i>Everyone Welcome*</i> 9am-9pm 10/27-10/30. 9am to 7pm Fri 10/31. <i>*Must check in at front desk on arrival.</i>	Safer & Faster Results with 1:1 Personal Training designed for YOU! 1 session - \$ 50 5 sessions - \$ 225 10 sessions - \$ 400 Text: 228 567-4949 for details & to schedule!	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 Amy	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 Monica	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL	9am: YOGA LB Town Green. FREE for everyone! <i>Bring your mat, large towel, & water. Wear TEC clothing for prizes!</i>
MON 10/6	TUE 10/7	WED 10/8	THUR 10/9	FRI 10/10	FACEBOOK
8:00 SCULPT Alicia 8:40 AQUA POOL 9:00 TRX Lauren 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL <i>Cruisin' The Coast Parade in Long Beach.</i> <i>No Classes or Childcare</i>	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sheryl 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 Stacey	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Donna 10:00 RES YOGA Sheryl 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 <i>1pm Ribbon Cutting Relationship Couch</i>	
MON 10/13	TUE 10/14	WED 10/15	THUR 10/16	FRI 10/17	INSTAGRAM
8:00 SCULPT Alicia 8:40 AQUA POOL 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL 5:30 SPIN Alissa 6:00 YOGA Amy	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 Stacey	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Lauren 5:00 AQUA FIT Member Led 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 10/20	TUE 10/21	WED 10/22	THUR 10/23	FRI 10/24	SAT 10/25
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 Amy	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 Amy	8:00 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:00 AQUA FIT 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	9AM - 12 Noon <i>Relationship Couch</i> OPEN HOUSE 5PM - 7PM Night Out Against Crime. LB TOWN GREEN
MON 10/27	TUE 10/28	WED 10/29	THUR 10/30	FRI 10/31	ACCOUNT
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 Amy Member Appreciation 5-7pm OPEN HOUSE 9am-9pm	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 <i>"Treats not Tricks"</i> OPEN HOUSE 9am-9pm	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 Amy <i>"Treats not Tricks"</i> OPEN HOUSE 9am-9pm	8:00 SPIN Alicia 8:30 ABS Alicia Member Appreciation 9-11am 9:00 BARRE Sarah 10:00 RES YOGA Sheryl 5:00 AQUA FIT 6:00 MIXXEDFIT Monica <i>"Treats not Tricks"</i> OPEN HOUSE 9am-9pm	8:00 CORE & MORE Donna 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL <i>"Treats not Tricks"</i> OPEN HOUSE 9am-7pm	Update your email address at the front desk for password link. Use scan card # for User Name

"Treats not Tricks" OPEN HOUSE! Invite family, friends & neighbors to enjoy all the amenities, classes and workout area, dates & times listed above. *Must check in at front desk before entering fitness & amenities areas.*

36 YEAR ANNIVERSARY SPECIAL: Join for 36 cents! From: 10/20/25 To: 11/1/2025.

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 for9u 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? 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! <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.

Members aged 12 to 15 may join classes & work out as long as there is constant parental supervision.