

THE ENERGY CLUB

GROUP EXERCISE SCHEDULE & EVENTS

October 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 8:30-11am & Tue 3:30-5pm for KidFit.

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

We Appreciate YOU!	REVIEW US!	FREE BODY COMP TEST	THUR 10/1	FRI 10/2	Join Online!
Member Appreciation Tuesday Oct 13 9-11am & 5-7pm FREE Body Comp Testing Healthy Snacks	<i>Inspire others to enjoy Family Fitness Fun with your Google Review!</i>  Thank you!	<i>Know your</i> - Muscle Mass - Bone Mass - Body Water% - Body Fat% FREE TEST on Tuesday 10/13 9-11am & 5-7pm	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	 <i>Then activate scan card at Front Desk</i>
MON 10/5	TUE 10/6	WED 10/7	THUR 10/8	FRI 10/9	SAT 10/10
8:00 INTERVAL Alicia 8:40 AQUA POOL 9:00 TRX Michaela 10:00 GOLD FIT Donna 10:00 ARTHRITIS POOL <i>No PM Classes:</i> Enjoy the Long Beach Cruisin' The Coast parade!	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	9am FREE YOGA for all at LB Town Green. Invite friends, Bring mat, towel & Water.
MON 10/12	TUE 10/13	WED 10/14	THUR 10/15	FRI 10/16	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 10/19	TUE 10/20	WED 10/21	THUR 10/22	FRI 10/23	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 5:15 YOGA Amy 5:30 SPIN Nena	7:45 SPIN Alicia 8:30 ABS Alicia 9:00 BARRE Sarah 10:00 RES YOGA Sarah 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	 www.the-energy-club.com
MON 10/26	TUE 10/27	WED 10/28	THUR 10/29	FRI 10/30	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	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	 Tag, Like, Check-in & Follow us!

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.
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
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 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 <i>not</i> 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.