

THE ENERGY CLUB

September 2021 Group Exercise Classes

Special Event	Stay Connected!	WED 09/01	THUR 09/02	FRI 09/03	SAT 09/04
MEMBER APPRECIATION Wed 8th - 9 to 11am Tue 14th - 5 to 7pm <i>Run N Tri</i> - Valuable info on shoes, braces, products to prevent & treat injury, soothe sore muscles & joints plus great door prizes!	FACEBOOK The Energy Club INSTAGRAM EnergyClubLongBeach WEBSITE: www.the-energy-club.com TEXT NOTIFICATIONS: Update cell # at desk	8:00 ABS/GLUTES Alicia 8:40 AQUA Pool 9:00 ALL AROUND FITNESS Donna 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS 5:30 SPIN Alissa 5:30 YOGA Heather 6:00 SMALL GROUP TRAINING John	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:40 AQUA Pool 9:00 BARRE Sarah 10:00 YOGA Heather 10:00 ARTHRITIS Pool 6:15 ZUMBA Katherine	8:00 CORE & MORE Heather 8:40 AQUA Pool 9:00 TRX Michaela 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS Donna	9:00 BARRE Sarah
MON 09/06	TUE 09/07	WED 09/08	THUR 09/09	FRI 09/10	SAT 09/11
Happy Labor Day! Pool and Locker Rooms Open. No Classes or Childcare today	5:30 SMALL GP TRAINING Alissa 8:00 SPIN Alissa 8:40 AQUA Pool 9:00 BARRE Sarah 10:00 YOGA Sheryl 10:00 ARTHRITIS Pool 6:00 ZUMBA Monica	8:00 ABS/GLUTES Alicia 8:40 AQUA Pool 9:00 ALL AROUND FITNESS Donna 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS 5:30 SPIN Alissa 5:30 YOGA 6:00 SMALL GROUP TRAINING John	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:40 AQUA Pool 9:00 BARRE Sarah 10:00 YOGA Sheryl 10:00 ARTHRITIS Pool 6:00 ZUMBA Katherine	8:00 CORE & MORE Donna 8:40 AQUA Pool 9:00 TRX Michaela 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS Donna	9:00 BARRE Sarah
MON 09/13	TUE 09/14	WED 09/15	THUR 09/16	FRI 09/17	SAT 09/18
8:00 INTERVAL Alicia 8:40 AQUA Pool 9:00 TRX Michaela 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS Donna 5:30 SPIN Alissa 5:30 YOGA Sheryl 6:00 SMALL GROUP TRAINING John	5:30 SMALL GP TRAINING Alissa 8:00 SPIN Alicia 8:40 AQUA Pool 9:00 BARRE Sarah 10:00 YOGA Sheryl 10:00 ARTHRITIS Pool 6:00 ZUMBA Monica	8:00 ABS/GLUTES Alicia 8:40 AQUA Pool 9:00 ALL AROUND FITNESS Donna 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS 5:30 SPIN Alissa 5:30 YOGA 6:00 SMALL GROUP TRAINING John	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:40 AQUA Pool 9:00 BARRE Sarah 10:00 YOGA Sheryl 10:00 ARTHRITIS Pool 6:00 ZUMBA Katherine	8:00 CORE & MORE Donna 8:40 AQUA Pool 9:00 TRX Michaela 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS Donna	9:00 BARRE Sarah
MON 09/20	TUE 09/21	WED 09/22	THUR 09/23	FRI 09/24	SAT 09/25
8:00 INTERVAL Alicia 8:40 AQUA Pool 9:00 TRX Michaela 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS Donna 5:30 SPIN Alissa 5:30 YOGA Sheryl 6:00 SMALL GROUP TRAINING John	5:30 SMALL GP TRAINING Alissa 8:00 SPIN Alissa 8:40 AQUA Pool 9:00 BARRE Sarah 10:00 YOGA Sheryl 10:00 ARTHRITIS Pool 6:00 ZUMBA Monica	8:00 ABS/GLUTES Alicia 8:40 AQUA Pool 9:00 ALL AROUND FITNESS Donna 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS 5:30 SPIN Alissa 5:30 YOGA 6:00 SMALL GROUP TRAINING John	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:40 AQUA Pool 9:00 BARRE Sarah 10:00 YOGA Sheryl 10:00 ARTHRITIS Pool 6:00 ZUMBA Katherine	8:00 CORE & MORE Donna 8:40 AQUA Pool 9:00 TRX Michaela 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS Donna	9:00 BARRE Sarah
MON 09/27	TUE 09/28	WED 09/29	THUR 09/30	Welcome!	CHANGES!
8:00 INTERVAL Alicia 8:40 AQUA Pool 9:00 TRX Michaela 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS Donna 5:30 SPIN Alissa 5:30 YOGA Sheryl 6:00 SMALL GROUP TRAINING John	5:30 SMALL GP TRAINING Alissa 8:00 SPIN Alicia 8:40 AQUA Pool 9:00 BARRE Sarah 10:00 YOGA Sheryl 10:00 ARTHRITIS Pool 6:00 ZUMBA Monica	8:00 ABS/GLUTES Alicia 8:40 AQUA Pool 9:00 ALL AROUND FITNESS Donna 10:00 ARTHRITIS Pool 10:00 SILVER SNEAKERS 5:30 SPIN Alissa 5:30 YOGA 6:00 SMALL GROUP TRAINING John	5:30 SMALL GROUP TRAINING Alissa 8:00 SPIN Alicia 8:40 AQUA Pool 9:00 BARRE Sarah 10:00 YOGA Sheryl 10:00 ARTHRITIS Pool 6:00 ZUMBA Katherine	NEW MEMBER ORIENTATION Every Monday at 5 pm & Tuesday at 11 am Meet at the Front Desk!	SMALL GROUP TRAINING NOW 6PM MON & WED. ZUMBA 6PM EFFECTIVE 09/07/21

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Group Exercise Class Descriptions

Key	Class Description	Duration	Location
AAF	All Around Fitness: "Old school" style aerobics class for all levels.	60 mins	Group Fitness Room
AB	Abs/Glutes: Tone and sculpt the abs and glutes for core strength & stability!	45 to 60 mins	Group Fitness Room
AQ	Aqua: The water adds resistance to burn calories, without joint strain.	60 mins	Pool
ART	Arthritis Pool: Warm water adds resistance to safely strengthen, soothe and protect joints.	60 mins	Pool
BF	Barre: Inspired by Pilates, dance, yoga and strength training for overall toning.	60 mins	Group Fitness Room
CM	Core & More: Start with a great core/abdominal workout, enjoy yoga inspired stretches and end with well-deserved relaxation!	60 mins	Group Exercise Room
IN	Interval: Cardio and muscle toning with brief rest intervals for strength & endurance.	60 mins	Group Fitness Room
SGT	Small Group Training: Varied workout with our Personal Trainers for strength, endurance, and agility.	45 to 60 mins	Red Room
SP	Spin: Effective cycling workout for endurance and strength on a stationary bike.	45 to 60 mins	Spin Studio
SS	Silver Sneakers; Build strength, range of motion, coordination, endurance, standing balance and friendships to enjoy life!	45 mins	Group Fitness Room
TRX	TRX: Suspension band training develops strength, balance, flexibility and core stability.	45 to 60 mins	Red Room
YG	Yoga Improve breathing, strength, flexibility, balance, mindfulness and relaxation skills.	60 mins	Group Fitness Room
ZU	Zumba; Let the music move you for this fun, easy to-follow calorie-burning fitness-party!	60 mins	Group Fitness Room