

## Club Energize Group Exercise Schedule

**April/May 2012**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:00 AM</b>	Power Pump Irene 5:15-6:15	Cycling Todd 5:15-6:15	Power Pump Irene 5:15-6:15	Cycling Irene 5:15-6:15	Pump Challenge Doreen 5:15-6:00	
<b>7:30 AM</b>						ZUMBA Sherri 7:30-8:30
<b>8:30 AM</b>						Power Pump Sasha 8:30-9:30
<b>9:00 AM</b>	Total Body Tool Box Peggy 9:15-10:15		Total Body Tool Box Peggy 9:15-10:15	Tai Chi Lacey 9:15-10:00	Cycling Sasha 9:15-10:15	
<b>9:30 AM</b>						Abs Express Rachel 9:35-9:50
<b>10:00 AM</b>						Cycling Rachel 10:00-11:00
<b>12:00 PM</b>	Cycling Sunni 12:10-1:00	Power Pump Therese 12:10-1:00	Cycling Sherri 12:10-1:00	Pilates Cara 12:10-1:00	Power Pump Therese 12:10-1:00	<b>Club Hours</b>  <b>Monday - Thursday - 5:00 AM - 10:00 PM</b>  <b>Friday - 5:00 AM - 9:00 PM</b>  <b>Saturday - 7:00 AM - 7:00 PM</b>  <b>Sunday - 9:00 AM - 5:00 PM</b>
	Metabolic Body Burn Sheila 12:10-12:55		Boot Camp Sunni 12:10-12:50			
<b>4:30 PM</b>	Zumba Brenda 5:00-5:55	Ab-ilates Rachel 4:45-5:30		Boot Camp Kara 4:45-5:30		
<b>5:00 PM</b>			Pilates Rachel 5:15-6:00	Total Body Tool Box Peggy 5:00-6:00		
			Circuit Candi 5:15-6:00			
<b>5:30 PM</b>	Circuit Candi 5:30-6:30	Cycling Candi 5:30-6:30	ZUMBA Cheryl 5:30-6:30	Cycling Candi 5:30-6:30	Phone: 686-7627; Website: <a href="http://www.clubenergize.net">www.clubenergize.net</a>	
		Metabolic Body Burn Sheila 5:30-6:15		Power Pump Doreen 5:35-6:35	Red classes are held in the UFC Room	
		Power Pump Doreen 5:35-6:35			Blue classes are held in the Aerobics Room.	
<b>6:00 PM</b>	Yoga Aaron 5:50-6:50	Yoga Karen 5:45-6:45			Orange classes are held in the Velocity Zone.	
	Boot Camp Kara 6:00-6:45				Green classes are held in the Mind-Body Studio.	
<b>6:30 PM</b>	Abs Express Kara 6:45-7:00				Purple classes are held at the Keiser equipment.	

**Club Energize reserves the right to change or cancel any group fitness class due to low participation.**