

## Club Energize Group Exercise Schedule

**Oct/Nov**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:00 AM</b>	Workout Xpress Cynthia 5:05-5:50	Cycling Todd 5:15-6:15	Workout Xpress Cynthia 5:05-5:50	Cycling Xpress Cynthia 5:05-5:50		
<b>6:30 AM</b>				Oula Power Cassie 6:30 - 7:30		
<b>8:30 AM</b>						Dance Fitness 8:00-9:00
<b>9:00 AM</b>		Strength & Stretch Therese 9:00-10:00				
<b>9:30 AM</b>						
<b>10:00 AM</b>						Cycling Rachel 10:00-11:00
<b>12:00 PM</b>	Boot Camp Kara 12:10-12:50	Cycle & Stretch Sunni 12:10-1:00	Metabolic Conditioning Sunni 12:10-12:50	Pilates Cara 12:10-12:50	<b>Club Hours</b>  <b>Monday - Friday - 5:00 AM - 10:00 PM</b>  <b>Saturday - 7:00 AM - 7:00 PM</b>  <b>Sunday - 8:00 AM - 6:00 PM</b>	
<b>4:30 PM</b>		HITT it Hard Rachel 4:45-5:30	Women's Night 5:00 - 7:30pm			
<b>5:00 PM</b>	Zumba Sherri 5:00-5:55		Cycle Strong Rachel 5:00-5:30			
			Circuit Candi 5:15-6:00			
<b>5:30 PM</b>	Circuit Candi 5:30-6:30	Cycling Candi 5:30-6:30	ZUMBA Brenda 5:30-6:30	Cycling Candi 5:30-6:30	<b>Phone: 686-7627; Website: <a href="http://www.clubenergize.net">www.clubenergize.net</a></b>  Purple classes are held at the Keiser equipment.	
<b>6:00 PM</b>		PoundFit Kim 5:40-6:40	Hot Yoga Dina 5:30-6:30	PoundFit Theresa 5:40-6:40	Orange classes are held in the Cycling Room.  Green classes are held in the Mind-Body Studio.	
<b>6:30 PM</b>			Oula Cassie 6:30 - 7:30		Fitness On Demand available Mind-Body Studio.	
<b>FITNESS ON DEMAND: "TAKE THE CLASS YOU WANT WHEN YOU WANT IT"</b> <i>Check it out...Mind/Body Studio</i>						