

Club Energize Group Exercise Schedule

April

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