

## Club Energize Group Exercise Schedule

**March/April**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>5:00 AM</b>		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>								
<b>8:30 AM</b>						Zumba 8:00-9:00		
<b>9:00 AM</b>								
<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	HIIT/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>Phone: 686-7627; Website: <a href="http://www.clubenergize.net">www.clubenergize.net</a></b>  Purple classes are held at the Keiser equipment.  Blue classes are held in the Aerobics Room.  Orange classes are held in the Cycling Room.  Green classes are held in the Mind-Body Studio.	
<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>6:00 PM</b>		PoundFit Kim 5:40-6:40	Hot Yoga Dina 5:30-6:30	PoundFit Theresa 5:40-6:40				
<b>6:30 PM</b>			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"**    *Check it out...Mind/Body Studio*