

Club Energize Group Exercise Schedule

Nov. / Dec.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		Cycling Todd 5:15-6:15		Cycling Sherri 5:15-6:15		
6:30 AM						
8:30 AM						Zumba Becky 8:00-9:00
9:00 AM						Yoga Dina 9:10-10:00
9:30 AM						
10:00 AM						
12:00 PM	Boot Camp Kara 12:10-12:50		Metabolic Conditioning Sunni 12:10-12:50			
					Club Energize 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						
5:30 PM	Circuit Candi 5:30-6:30	Cycling Candi 5:30-6:30		Cycling Candi 5:30-6:30	Now Available! 24/7 workout area	
			TRX/HITT Candi 5:15-6:15		Purple classes are held at the Keiser equipment.	
	Zumba Sherri 5:30-6:30	PoundFit Kim 5:40-6:40		TRX Shay 5:30-6:30	Blue classes are held in the Aerobics Room.	
6:00 PM					Orange classes are held in the Cycling Room.	
6:30 PM						

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