

Club Energize Group Exercise Schedule

Sept./ Oct. / Nov.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		Cycling Todd 5:15-6:15			Cycling Raven 5:15-6:15	
6:30 AM						
8:30 AM						Energetic Yoga Dina 8:30-9:15
9:00 AM						Cycling Chris 10:00-11:00
9:30 AM						Sunday
10:00 AM						Power Pump Therese 11:30-12:30
12:00 PM			Metabolic Conditioning Sunni 12:10-12:50	Power Yoga Melissa 12:10 - 1:00		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		Blue classes are held in the Aerobics Room.
	Zumba Becky 5:30-6:30	PoundFit Kim 5:40-6:40	TRX/HITT Candi 5:15-6:15	TRX Corey 5:30-6:30		Orange classes are held in the Cycling Room.
6:00 PM						Purple classes are held at the Keiser equipment.
6:30 PM						

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