

## Club Energize Group Exercise Schedule

**June/July/Aug.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:00 AM</b>	H.I.T.T.T Emily 5:15-6:00	Cycling Todd 5:15-6:15		Cycling Kendra 5:15-6:15		Zumba Becky 7:15-8:15
<b>6:30 AM</b>						
<b>8:30 AM</b>						Energetic Yoga Dina 8:30-9:15
<b>9:00 AM</b>						
<b>9:30 AM</b>						<b>Sunday</b>
<b>10:00 AM</b>						Power Pump Therese 11:30-12:30
<b>12:00 PM</b>			Circuit Sunni 12:10-12:50			
<b>4:30 PM</b>					<b>Club Energize hours</b>  Monday - Friday - 5:00 AM - 10:00 PM  Saturday - 7:00 AM - 7:00 PM  Sunday - 8:00 AM - 6:00 PM	
<b>5:30 PM</b>	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	Cardio Rhythm Kim 5:40-6:40	TRX/HITT Candi 5:30-6:15		TRX Corey 5:30-6:30	Orange classes are held in the Cycling Room.
<b>6:00 PM</b>						Purple classes are held at the Keiser equipment.
<b>6:30 PM</b>						

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