



Group Fitness Schedule

NEW!

Updated February 17th



NEW CONVENIENT PUNCH CARDS!
FREE PLAYROOM AVAILABLE!
FREE TOWEL SERVICE!
RESULTS YOU WANT!
FITNESS THAT IS FUN!
LARGEST SELECTION IN TOWN!

Call 437-CLUB(2582)

Or View Schedule Online: www.energycenterfitness.com

Members and Non-Members Welcome!

*Energy Center offers a FREE class trial for all class formats. You can try before you buy!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am		Cycling					
7:35 am		Flexibility	Cycling	Flexibility		Turbo Kick® 8:00a	
8:30 am	Cycling	Body Sculpt	Zumba Toning®	Body Sculpt	Cycling	9:00a Yoga	
9:30 am	On the Ball				Pilates		
10:30 am						Zumba / Zumba Toning®	
3:45 pm	Teen Training		Teen Training				
5:15 pm	Training Clinic	I Lost It at The Club	Training Clinic				
6:00 pm	Zumba® 6:30p	Pump Up	Zumba® 6:30p	Turbo Kick®	Classes subject to change, watch for updates on Facebook & energycenterfitness.com		
7:00 pm		Zumba Toning®		Zumba Toning®			

Energy Fitness located at 407 S 8th St., Mt. Horeb

FLEXIBLE AFFORDABLE CLASSES TO REACH THE RESULTS YOU WANT!

NEW CLASSES! TRX®

An innovative suspension training experience to help you build lean muscle, boost your metabolism, tighten your core and increase endurance.

Turbo Kick®

Kickboxing & Sooooo Much More. Kick, punch & groove your way to a brand new body in this action packed, super fun, super safe & effective cardio workout!

Training Clinic

Training in the off season is vital to success during the season. This 8-week clinic, geared toward the athlete, will help you build the essential strength, balance, speed, agility & power to be at your best performance!

Members: \$56

Non-Members: \$156

Body Sculpt

A great total body shaping workout utilizing hand weights, stability balls, and resistance bands to sculpt, define, and tone the entire body.

Cycling

Rain or Shine! A 50 minute indoor class replicating the feel of the road. Music and imagery are used to simulate different bike rides that include hills, sprints, flat terrain and humps.

On the Ball

Have fun and gain strength, balance and flexibility working on the stability ball. You will use the ball in more ways than you can imagine.



Pump UP!

Real results, real fast. A strength endurance class where muscle and music collide. This dumbbell workout targets all the major muscle groups of the body and defines them.

Pilates

Develop core strength and stabilization. You will balance out your alignment, gain control of movement and develop a long & lean body. An excellent class to build unbelievable core strength. Reduces your risk of injury & improves athletic strength & performance.

Flexibility

This class is all about relaxation, releasing endorphins and creating less tension in the body. It will increase range of motion in joints and improve overall body alignment.

Zumba®

Zumba is exercise in disguise! Latin rhythm and dance moves create a dynamic fitness program that will burn calories and blow you away. Join the dance party!

Zumba Toning®

Take your Zumba Fitness to the next level with this cardio and resistance weight training program! Assured to provide a calorie-burning and muscle toning total body workout, with the same fun Zumba party atmosphere.



MEMBER CLASS PRICES

**\$5/Class, \$35/10-Class Punch Card
or \$29/month Unlimited**

NON-MEMBER CLASS PRICES

\$9/Class or \$75/10-Class Punch Card

Youth Classes

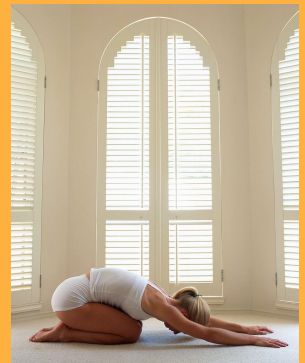
Teen Training (12 & up)

Want to get fit, stay fit or cross train using top of the line equipment? Plus hang out with your friends? Enjoy this 2-hour open gym time for teens. Includes a trainer there to assist, answer specific training questions and supervise as needed.

Mind & Body Classes

Yoga

In our Yoga class, you will learn physical postures or asanas, breathing fundamentals and techniques. Each class is 75 minutes and accommodates beginner to intermediate levels.



MIND/BODY PRICING

**MEMBER: \$6/Class,
\$45/10-Class Punch Card
or \$29/month Unlimited**

**NON-MEMBER: \$10/Class,
\$85/10-Class Punch Card**

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