vibe
FITNESS STUDIO
AT TRUMBULL COUNTRY CLUB

VIBE
HOURS OF OPERATION

SUNDAY:
7:00 AM - 12 NOON

MONDAY
6:30 AM - 7:00 PM

TUESDAY - SATURDAY
6:30 AM - 9:30 PM

CLASS DESCRIPTIONS

CHAOS
Consistently inconsistent! Chaos is a group fitness class involving a wide variety of different fitness styles every week with constantly varied movements and styles including HIIT, sculpting and more. Embrace the Chaos! All fitness levels welcome.

MAYHEM
Super sets using kettlebells and dumbbells with cardio infused for a total body workout.

NO MERCY
A full body workout incorporating cardio, dumbbells and resistance bands.

PILATES
Pilates mat exercises engage and strengthen the deeper ab muscles responsible for a sleek, flat stomach. It can also give you exceptional whole-body toning and graceful posture, plus make your daily activities easier to do.

POUND
This cardio dance class fuses musical rhythms, choreographed dance moves and pound/drums to create a dynamic workout that's designed for fun, calorie burning and toning!

SCULPT
Sculpt utilizes body weight and free weights with the barre and floor mats. Build strength while toning and stretching your muscles.

STRENGTH & STRETCH
This class strengthens and stretches your entire body by using body weight, free weights, pilates, yoga and stretching relaxation exercises to leave you feeling strong and relaxed!

THRIVE (for junior members)
Thrive centers around children, giving kids a place they enjoy and gain knowledge about fitness and healthy choices while having fun!

TOTAL BODY STRENGTH
A body sculpting workout targeting all the major muscles by using various types of equipment to build long, lean muscles.

YOGA
A moderately paced Vinyasa flow class where you build yoga foundations and are pushed to your "edge." Modifications offered to make the practice accessible to all.

ZUMBA
Love to dance? Zumba combines music with dance moves incorporating interval training with alternating fast and slow rhythms.

Rev. 1/6/22

WEEKLY CLASS SCHEDULE

All classes are FREE for TCC members.

BE STRONG. BE FIT. BE CALM. BE INSPIRED!

MONDAY

ZUMBA
9:30 - 10:30 AM • Krystle Guerrero, Instructor

MAYHEM
5:30 PM - 6:30 PM • Lori Butler, Instructor

TUESDAY

PILATES
12:00 PM - 1:00 PM • Dorine Owens, Instructor

SCULPT
5:30 PM - 6:30 PM • Sara Hummell, Instructor

WEDNESDAY

TOTAL BODY STRENGTH
11:00 AM - 12:00 PM • Sharon Jarvis, Instructor

YOGA
12:00 PM - 1:00 PM • Dorine Owens, Instructor

CHAOS
5:30 PM - 6:30 PM • Lori Butler, Instructor

THURSDAY

POUND
9:30 AM - 10:30 AM • Krystle Guerrero, Instructor

NO MERCY
5:30 PM - 6:30 PM • Alaina Donadio, Instructor

FRIDAY

STRENGTH & STRETCH
12:00 PM - 1:00 PM • Instructors Dorine Owens or Sharon Jarvis

SATURDAY

NO MERCY
8:30 AM - 9:30 AM • Alaina Donadio, Instructor

THRIVE (for junior members • age group: 8-13)
11:30 AM - 12:30 PM • Ilias Hatzialexiou, Instructor