



**vibe**  
FITNESS STUDIO  
AT TRUMBULL COUNTRY CLUB

**VIBE**  
HOURS OF  
OPERATION

SUNDAY  
6:30 AM - 5:00 PM

MONDAY  
6:30 AM - 7:00 PM

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

## CLASS DESCRIPTIONS

**NEW! BARRE** • A low impact workout technique inspired by elements of ballet, yoga & pilates that help strengthen the entire body.

**NEW! BUTT & GUT** • Targeting the glutes and core through different low impact exercises.

**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!

**NEW! POWERFLOW** • Using powerful music, this class combines cardio, body weight strength training, yoga-inspired flows and core work to engage every muscle group and leave you feeling inspired and powerful.

**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!

**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.

## 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

#### NEW! BARRE

11:00 AM - 12 Noon • Krystle Guerrero, Instructor

#### MAYHEM

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

### TUESDAY

#### NEW! BUTT & GUT

10:00 AM - 11:00 AM • Krystle Guerrero, Instructor

#### PILATES

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

#### SCULPT

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

#### NEW! POWERFLOW

6:30 PM - 7:30 PM • Laura Fisher, Instructor

### WEDNESDAY

#### TOTAL BODY STRENGTH

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

#### YOGA

12:00 NOON - 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

