



vibe
FITNESS STUDIO
AT TRUMBULL COUNTRY CLUB

VIBE
HOURS OF
OPERATION

SUNDAY
CLOSED

MONDAY
6:30 AM – 7:00 PM

TUESDAY – SATURDAY
6:30 AM – 9:30 PM

CLASS DESCRIPTIONS

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

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!

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

BARRE

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

MAYHEM

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

TUESDAY

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

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

