



**vibe**  
FITNESS STUDIO  
AT TRUMBULL COUNTRY CLUB

**VIBE**  
HOURS OF  
OPERATION  
MONDAY:  
6:30 AM - 7:00 PM  
TUESDAY - SATURDAY:  
6:30 AM - 9:30 PM  
SUNDAY:  
7:00 AM - 12 NOON

## 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.

## 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

