

CLASS SCHEDULE

MONDAY

ZUMBA

11:00 AM - 12:00 PM

MAYHEM

5:30 PM - 6:30 PM

TUESDAY

PILATES

12:00 PM - 1:00 PM

SCULPT

5:30 PM - 6:30 PM

WEDNESDAY

TOTAL BODY STRENGTH

11:00 AM - 12:00 PM

YOGA

12:00 PM - 1:00 PM

CHAOS

5:30 PM - 6:30 PM

THURSDAY

POUND

11:00 AM - 12:00 PM

NO MERCY

5:30 PM - 6:30 PM

FRIDAY

STRENGTH & STRETCH

12:00 PM - 1:00 PM

SATURDAY

NO MERCY

8:30 AM - 9:30 AM

DID YOU KNOW?

ALL FITNESS CLASSES ARE FREE FOR TCC GOLF AND SOCIAL MEMBERS

Scheduling a one-on-one experience with one of our expert trainers for your personal training needs is also available. Our VIBE Fitness Studio instructors are ready and willing to help you meet your fitness goals. We look forward to smiling and sweating with you!



CLASS DESCRIPTIONS

CHAOS taught by Lori Butler

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. **Be strong. Be fit.**

MAYHEM taught by Lori Butler

Super sets using kettlebells and dumbbells with cardio infused for a total body workout. **Be strong.**

NO MERCY taught by Alaina Donadio

A full body workout incorporating cardio, dumbbells and resistance bands. **Be strong. Be fit.**

PILATES taught by Dorine Owens

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. **Be calm. Be fit.**

POUND taught by Krystle Guerrero

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! **Be strong. Be fit.**

SCULPT taught by Sara Hummell

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

STRENGTH & STRETCH taught by Dorine Owens or Sharon Jarvis

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! **Be calm.**

TOTAL BODY STRENGTH taught by Sharon Jarvis

A body sculpting workout targeting all the major muscles by using various types of equipment to build long, lean muscles. **Be strong. Be fit.**

YOGA taught by Dorine Owens

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. **Be calm.**

VIBE HOURS OF OPERATION

MONDAY:
6:30 AM - 7:00 PM

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

SUNDAY:
6:30 AM - 5:00 PM