



# Group Exercise Schedule

Nov 12 – Jan 13



	<b>GROUP EX STUDIO</b>	<b>Cycle Studio/COURT</b>	<b>Pool</b>	<b>Yoga Studio</b>
<b>MON</b>	<b>5:15A CXWORX</b> - Jessica <b>8:30A LesMillsTONE</b> -Angela <b>9:30A BodyPump</b> -Haleigh/Laura <b>10:45A-ActiveSeniors</b> —Debbie <b>NOON-LesMillsGRIT</b> <b>2:00P Senior Fitness</b> - Travis <b>4:30P STEP-30</b> -Angela <b>5:00P Yoga4Athletes30</b> -Cheri <b>5:30P BodyPump</b> -Kylie/Kevin <b>6:30P SH'BAM</b> -Jessica/Johnna	<b>6:00A PowerRide</b> -Lora  <b>9:30A Les Mills SPRINT</b> Kristina  <b>5:30P-LesMills SPRINT</b> Elisa	<b>9:00A WaterFitness45</b> - Susan   <b>5:30P WaterWarriors45</b> - Apolynne	<b>8:30A Yoga Basics</b> - Julia  <b>4:30P Yoga Basics</b> - Dave  <b>5:45P- Iyengar Yoga</b> - Jerri
<b>TUE</b>	<b>5:30A BodyPump</b> -Dave/Lora <b>9:30A Step45</b> -Angela <b>10:15A CXWORX</b> -Angela <b>NOON BodyPump</b> -Elisa/Johnna <b>5:30P BodyCombat</b> - Laura/Kev <b>6:30P BodyPUMP45</b> -Michelle	<b>9:30A PowerRide</b> -Kylie   <b>5:30P PowerRide</b> -Kristi	<b>9:00A WaterFitness45</b> - Apolynne <b>10:15A SilverSneakers Splash</b> -Julia <b>5:30P Water Warriors45</b> -Cheri	<b>8:30A Iyengar Yoga</b> Jerri *90min <i>Level 2</i>  <b>5:30P BarreAbove45</b> - Jessica/Janet
<b>WED</b>	<b>8:30A willPower&amp;Grace</b> -Angela <b>9:30A BodyPump</b> -Angela/Laura <b>NOON-LesMillsGRIT</b> <b>2:00P Senior Fitness</b> -Travis <b>4:30P LesMillsTONE</b> -Haleigh <b>5:30P BodyPump30</b> -Haleigh <b>6:00P CXWORX</b> -Kevin	<b>6:00A PowerRide</b> - Kylie  <b>9:30A PowerRide</b> -Jerri <b>10:15A Resist-A-Ball/30</b> (court) Jerri  <b>5:30P PowerRide</b> -Amy	<b>9:00A Water Fitness45</b> - Julia	<b>10:45A Chair Yoga</b> - Debbie  <b>5:45P Iyengar Yoga</b> - Jerri *70 min.
<b>THU</b>	<b>5:30A BodyPUMP</b> -Lora/Michelle <b>9:30A Step45</b> -Johnna <b>NOON BodyPump</b> -Elisa/Kylie <b>5:00P Yoga4Athletes30</b> -Cheri <b>5:30P BodyCombat</b> - Haleigh/Sherry	<b>9:30A PowerRide</b> -Debbie <b>5:30P LesMills SPRINT</b> -Kristina	<b>9:00A WaterFitness45</b> - Amy <b>10:15A SilverSneakers Splash</b> -Julia <b>5:30P WaterWarriors45</b> - Desiree	<b>8:30A Iyengar Yoga</b> Jerri *90min. <i>Level 2</i>  <b>5:45P Restorative Yoga</b> -Jerri
<b>FRI</b>	<b>8:45A BodyFlow45</b> -Angela <b>9:30A BodyPump</b> Angela/Kristina <b>10:45A-ActiveSeniors</b> -Haleigh <b>NOON LesMillsTONE</b> -Laura <b>5:30P BodyPump45</b> -Haleigh	<b>5:15A Tabata40</b> Jessica (Court) <b>9:30A Les MillsSPRINT</b> Johnna <b>NOON-HouRide</b> -Jerri	<b>9:00 –Water Fintess45</b> - Desiree	<b>9:30A Yoga Basics</b> - Julia
<b>SAT</b>	<b>9:00A LesMillsTONE</b> - Haleigh/Janet <b>10:00A BodyPump</b> - Johnna/Dave	<b>9:00A PowerRide</b> -Kristi	<b>9:00A WaterFitness45</b> - Debbie	<b>9:00A Iyengar Yoga</b> Jerri *90min <i>Level 2</i>
<b>SUN</b>	<b>3:00P BodyCombat</b> - Debbie/Michelle <b>4:00P BodyPump45</b> -Cristina <b>5:00P BodyFlow</b> -Lora/Elisa	<b>4:30P-LesMillsSPRINT</b> Elisa <b>4:00P X- Indoor/Outdoor</b> Cheri (Court)		

### Club Hours:

Mon. – Thurs. 5:00-10:30P

Fri: 5:00A – 8:00P

Sat: 8:00A – 7:00P

Sun: 12:00P – 7:00P

325-947-2582 [Sanangelohealthclub.com](http://Sanangelohealthclub.com)

In case of bad weather, classes will follow SAISD cancellations and delays.

Check our Facebook page for Community Health Club updates!

SACMC is owned in part by physicians.



### Nursery Hours:

Mon. – Thurs. 8:00A-8:30P

Fri: 8:00A – 8:00P

Sat: 8:00A – 6:00P

Sun: 3:00P – 6:15P

**Under-performing classes subject to cancellation. All classes must meet attendance goals to remain on the schedule.**