

# SEPTEMBER 2020 September 8- October 1

## GROUP EXERCISE SCHEDULE



	GROUP X STUDIO	CYCLE STUDIO/COURT	POOL	YOGA STUDIO
<b>MON</b>	<b>5:15A</b> <b>HITT</b> JESSICA <b>9:30A</b> <b>LES MILLS BODYPUMP</b> KYLIE <b>10:45A</b> <b>Silver Sneakers BOOM®</b> DEBBIE <b>NOON</b> <b>GRIT</b> ROTATING <b>12:30P</b> <b>YOGA4ATHLETES</b> ANGELA <b>2:00P</b> <b>Senior Fitness</b> TRAVIS <b>5:30P</b> <b>LES MILLS BODYCOMBAT™ 30</b> KEVIN/SHERRY <b>6:00P</b> <b>LES MILLS BODYPUMP 30</b> KEVIN/SHERRY	<b>6:00A</b> <b>PowerRide45</b> AMY/LORA	<b>9:00A</b> <b>WaterFitness45</b> SUSAN  <b>5:30P</b> <b>AQUA ATHLETES 45</b> DESI	<b>9:00A</b> <b>YOGA BASICS</b> (ALL LEVELS) JULIA  <b>5:45P</b> <b>IYENGAR YOGA</b> (LEVEL 1) JERRI
<b>TUE</b>	<b>5:30A</b> <b>LES MILLS BODYPUMP</b> MICHELLE/SHERRY <b>9:30A</b> <b>STEP</b> ANGELA <b>10:15A</b> <b>LES MILLS CXWORX</b> ANGELA <b>NOON</b> <b>LES MILLS BODYPUMP</b> KRISTINA <b>5:30P</b> <b>LES MILLS BODYCOMBAT™</b> KEVIN/HALEIGH	<b>9:30A</b> <b>HIIT BLAST 45</b> KYLIE	<b>9:00A</b> <b>WaterFitness45</b> DESI <b>10:15A</b> <b>Silver Sneakers SPLASH®</b> JULIA <b>5:30P</b> <b>AQUA ATHLETES 45</b> ROTATING	<b>8:30A</b> <b>IYENGAR YOGA</b> *90 MIN* (LEVEL 2) JERRI
<b>WED</b>	<b>5:15A</b> <b>LES MILLS BODYCOMBAT™</b> DEBBIE/MICHELLE <b>9:30A</b> <b>LES MILLS BODYPUMP</b> LAURA/ANGELA <b>NOON</b> <b>GRIT</b> ROTATING <b>12:30P</b> <b>YOGA4ATHLETES</b> ANGELA <b>2:00P</b> <b>Senior Fitness</b> TRAVIS <b>4:30P</b> <b>tone</b> HALEIGH <b>5:30P</b> <b>LES MILLS BODYPUMP</b> DAVE	<b>8:30A</b> <b>PowerRide30</b> JERRI <b>YOGA 30</b>	<b>9:00A</b> <b>WaterFitness45</b> JULIA	<b>10:45A</b> <b>CHAIR YOGA</b> (ALL LEVELS) DEBBIE  <b>5:45P</b> <b>IYENGAR YOGA</b> *70 MIN* (LEVEL 2) JERRI
<b>THU</b>	<b>5:30A</b> <b>LES MILLS BODYPUMP</b> MARIE/MICHELLE <b>9:30A</b> <b>Balletone®</b> JESSICA/ANGELA <b>NOON</b> <b>LES MILLS BODYPUMP</b> HALEIGH <b>5:30P</b> <b>LES MILLS BODYCOMBAT™</b> LAURA/DEBBIE	<b>9:30A</b> <b>PowerRide45</b> DEBBIE  <b>NOON</b> <b>LES MILLS sprint</b> KRISTINA <b>12:30P</b> <b>LES MILLS CXWORX</b> MICHELLE	<b>9:00A</b> <b>WaterFitness45</b> AMY <b>10:15A</b> <b>Silver Sneakers SPLASH®</b> JULIA <b>5:30P</b> <b>AQUA ATHLETES 45</b> DESI	<b>8:30A</b> <b>IYENGAR YOGA</b> *90 MIN* (LEVEL 2) JERRI  <b>5:45P</b> <b>RESTORATIVE YOGA</b> (ALL LEVELS) JERRI
<b>FRI</b>	<b>5:15A</b> <b>HITT</b> JESSICA <b>9:30A</b> <b>LES MILLS BODYPUMP</b> ANGELA/KYLIE <b>10:45A</b> <b>Silver Sneakers BOOM®</b> AMY/KYLIE <b>NOON</b> <b>GRIT</b> ROTATING <b>12:30P</b> <b>YOGA4ATHLETES</b> ANGELA	<b>NOON</b> <b>PowerRide45</b> JERRI <b>STRETCH 15</b>	<b>9:00A</b> <b>WaterFitness45</b> AMY/DESI	<b>9:00A</b> <b>YOGA BASICS</b> (ALL LEVELS) JULIA
<b>SAT</b>	<b>9:00A</b> <b>tone</b> ANGELA/JANET <b>10:00A</b> <b>LES MILLS BODYPUMP</b> MARIE/MICHELLE	<b>9:00A</b> <b>PowerRide45</b> KRISTI	<b>9:00A</b> <b>WaterFitness45</b> DEBBIE	<b>9:00A</b> <b>IYENGAR YOGA</b> *90 MIN* (LEVEL 2) JERRI
<b>SUN</b>	<b>3:00P</b> <b>LES MILLS BODYCOMBAT™</b> SHERRY/MICHELLE  <b>5:00P</b> <b>LES MILLS BODYFLOW</b> LORA/ANGELA	<b>4:00P</b> <b>LES MILLS sprint</b> ROTATING		

### 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.



JOIN OUR FACEBOOK GROUP!  
 Community Health Club GroupX Fitness



### Nursery Hours:

MON – FRI  
 8:00A-1:15P  
 4:00P-7:30P  
 SAT: 8:00A – NOON  
 SUN: 3:00P – 6:15P

\*Under-performing classes subject to cancellation.

## GROUP FITNESS CLASS DESCRIPTIONS

### GROUP X STUDIO

**HIIT30** (30min.) A high intensity interval training class using a large variety of training tools!

**Step:** A cardio bench workout with fun choreography and lots of leg work.

**Yoga4Athletes** (30 min.) This class will help improve your athletic performance by focusing on flexibility, balance and range of motion.

**Silver Sneakers® Boom** This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity –specific drills to improve strength and functional skills.

**Senior Fitness** This low impact class is designed to prevent injury while also increasing muscle strength and energy levels.

**Balletone** No dance experience required! This class will leave everyone feeling graceful, strong and elegant with a fusion of NONSTOP cardio and strength that blends techniques from ballet, Pilates and fitness

### LES MILLS GRIT

(30 min) This class features one of three high-intensity-interval-training classes to give you ultimate results in minimum time. (Strength, Athletic or Cardio) \*GRIT is not recommended for expecting mothers, the injured or those with joint issues.

### LES MILLS tone

(45min.) A challenging mix of lunges, squats, functional training and tubing exercises will help burn calories and take your fitness to the next level. A complete workout!

### LES MILLS BODYPUMP

(30,45,60 min.) A weights class for everyone! Using light to moderate weight with lots of repetitions. BODYPUMP® gives you a total body workout that burns lots of calories and boosts metabolism! \*BodyPUMP™ is not recommended for expecting mothers and should not be done on consecutive days.

### LES MILLS BODYCOMBAT

(60 min.) is a martial art-inspired full-body workout that fuels cardio fitness and leaves you feeling empowered. Beginners, feel free to start with 30 minutes!

### LES MILLS CXWORX

(30 min) A core workout which provides the vital ingredients for a stronger body!

### LES MILLS BODYFLOW

(60min.) A Yoga, Tai-Chi, Pilate's workout which builds flexibility and strength throughout the body.

### YOGA STUDIO

**Yoga Basics** All levels (60 min.) We will learn and practice basic yoga poses suitable for most people. Strength, flexibility and toning are some of the benefits!

**Chair Yoga** All levels (60 min) This class is designed for members with limited mobility or healing from injury while mindfully increasing range of motion with the use of chairs.

**Iyengar Yoga** (70 or 90 min.) This class is a yoga practice developed by B.K.S. Iyengar. The emphasis is on detail, precision and alignment. You will use props such as blocks, blankets, straps and chairs to achieve balance and strength in the body.

**Restorative Yoga** All Levels (60 min.) Learn how to develop more comfort and freedom in the hips, shoulders and chest.

**Yoga mats/props are provided, but you may bring your own.**

### Keiser M3® Cycle Studio

**PowerRide** (45min.) A studio cycle class featuring our Keiser M3 bikes and great music. You will experience a motivating multi-level cardio workout!

**HIIT Blast** (30-45min.) You're going to get your heart pumping and have a blast in this High Intensity Interval Training spin class!

### LES MILLS sprint

(30 min) This is a high-intensity-interval-training class using an indoor bike – its low-impact but the thrill and motivation come from pushing your physical and mental limits!

**Power Ride30 Yoga30** (60 min)- You will increase your energy with a 30 minute multi-level cardio workout then learn how to work through strength and flexibility for an inspirational workout.

**Power Ride45 Stretch15** (60 min)-A 45-minute cardio cycle class followed by 15 min. yoga-inspired stretch.

**\*Plan to arrive 5 min. early to your Cycle class to set up your bike. Bring water and a towel.**

### POOL

**Water Fitness** All levels (45 min) A non-impact, exhilarating workout to help burn calories and tone muscles!

**Aqua Athletes** All levels (45 min) A fun, upbeat class that can burn up to 450 calories! Creative and challenging!

**SilverSneakers® Splash** All levels (45min) In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance.

**The pool temperature is maintained at 84-86 degrees. Water shoes are helpful to your class workout, but not required.**