



# SHANNON HEALTH CLUB NOV 1- JAN 9 GROUP EXERCISE SCHEDULE



	<b>GROUP X STUDIO</b>	<b>CYCLE STUDIO /COURT</b>	<b>POOL</b>	<b>YOGA STUDIO</b>
<b>MON</b>	<b>5:15A</b> HIIT JESSICA <b>8:30A</b> LES MILLS TONE ANGELA <b>9:30A</b> BODYPUMP KYLIE <b>10:45A</b> SILVER SNEAKERS DEBBIE <b>NOON</b> LESMILLS GRIT ROTATING <b>12:30</b> YOGA4ATHLETES ANGELA <b>2:00P</b> SENIOR FITNESS TRAVIS <b>5:30P</b> BODYCOMBAT KEVIN/SHERRY <b>6:00P</b> BODYPUMP KEVIN/SHERRY <b>6:30P</b> LES MILLS GRIT ROTATING	<b>6:00A</b> POWER RIDE45 LORA  <b>9:00A</b> HIIT BLAST AMY CYCLE 30	<b>9:00A</b> WATER FITNESS 45 SUSAN  <b>5:30P</b> AQUA ATHLETES 45 DESI	<b>9:00A</b> YOGA BASICS JULIA (ALL LEVELS)  <b>5:45P</b> IYENGAR YOGA JERRI (LEVEL 1)
<b>TUE</b>	<b>5:30A</b> BODYPUMP MICHELLE/SHERRY <b>9:30A</b> STEP ANGELA <b>10:15A</b> CXWORX ANGELA <b>NOON</b> BODYPUMP KRISTINA <b>2:00P</b> SILVER SNEAKERS MINA <b>5:30P</b> BODYCOMBAT ROTATING	<b>9:30A</b> HIIT BLAST KYLIE CYCLE 45 <b>NOON</b> LES MILLS SPRINT DESI <b>12:30</b> CXWORX MICHELLE	<b>9:00A</b> WATER FITNESS 45 DESI <b>10:15A</b> SILVER SNEAKERS SPLASH JULIA <b>5:30P</b> AQUA ATHLETES 45 APOLYNNE	<b>8:30A</b> IYENGAR *90 MIN* YOGA JERRI (LEVEL 2)  <b>10:30A</b> TAI CHI TERRI (ALL LEVELS)
<b>WED</b>	<b>5:15A</b> BODYCOMBAT DEBBIE/MICHELLE <b>9:30A</b> BODYPUMP LAURA/ANGELA <b>10:45A</b> SILVER SNEAKERS KYLIE/HALEIGH <b>NOON</b> LESMILLS GRIT ROTATING <b>12:30</b> YOGA4ATHLETES ANGELA <b>2:00P</b> SENIOR FITNESS TRAVIS <b>4:30P</b> LES MILLS TONE HALEIGH <b>5:30P</b> BODYPUMP DAVE	<b>8:30A</b> POWER RIDE30 JERRI YOGA 30	<b>9:00A</b> WATER FITNESS 45 JULIA	<b>10:45A</b> CHAIR YOGA DEBBIE (ALL LEVELS)  <b>5:45P</b> IYENGAR *70 MIN* YOGA JERRI (LEVEL 2)
<b>THU</b>	<b>5:30A</b> BODYPUMP MARIE/MICHELLE <b>9:30A</b> BALLESTONE JESSICA/ANGELA <b>NOON</b> BODYPUMP HALEIGH <b>2:00P</b> SILVER SNEAKERS AMY <b>5:30P</b> BODYCOMBAT ROTATING	<b>9:30A</b> POWER RIDE45 DEBBIE  <b>NOON</b> LES MILLS SPRINT KRISTINA <b>12:30</b> CXWORX KRISTINA <b>5:30P</b> HIIT BLAST KYLIE/KRISTI CYCLE 45	<b>9:00A</b> WATER FITNESS 45 AMY <b>10:15A</b> SILVER SNEAKERS SPLASH JULIA <b>5:30P</b> AQUA ATHLETES 45 DESI	<b>8:30A</b> IYENGAR YOGA JERRI (LEVEL 2) *90 MIN* <b>10:30A</b> TAI CHI TERRI (ALL LEVELS) <b>11:30A</b> TAI CHI TERRI (ADVANCED) <b>5:45P</b> RESTORATIVE YOGA JERRI (ALL LEVELS)
<b>FRI</b>	<b>5:15A</b> HIIT JESSICA <b>8:30A</b> BODYFLOW ANGELA <b>9:30A</b> BODYPUMP ANGELA/KYLIE <b>10:45A</b> SILVER SNEAKERS AMY/KYLIE <b>NOON</b> LES MILLS GRIT ROTATING <b>12:30</b> YOGA4ATHLETES ANGELA	<b>NOON</b> POWER RIDE45 JERRI STRETCH 15	<b>9:00A</b> WATER FITNESS 45 AMY/DESI	<b>9:00A</b> YOGA BASICS JULIA (ALL LEVELS)
<b>SAT</b>	<b>9:00A</b> LES MILLS TONE ANGELA/JANET <b>10:00A</b> BODYPUMP MARIE/MICHELLE	<b>9:00A</b> POWER RIDE45 KRISTI	<b>9:00A</b> WATER FITNESS 45 DEBBIE	<b>9:00A</b> IYENGAR *90 MIN* YOGA JERRI (LEVEL 2)
<b>SUN</b>	<b>3:00P</b> BODYCOMBAT SHERRY/MICHELLE <b>4:00P</b> BODYPUMP HALEIGH <b>5:00P</b> BODYFLOW LORA/ANGELA	<b>4:00P</b> LES MILLS SPRINT 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.



SHANNON HEALTH CLUB

JOIN OUR FACEBOOK GROUP!  
 Shannon 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.

**Silver Sneakers® Classic** focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

**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.**

**Tai Chi:** Whether you want mental, emotional and/or spiritual enhancement, this low impact exercise will keep you fit! No experience required. \*\*\*ADVANCED CLASSES ARE OFFERED\*\*\*

### 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 Cycle** (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.