



SHANNON HEALTH CLUB AUG 22 – NOV 13 GROUP EXERCISE SCHEDULE



	GROUP X STUDIO	CYCLE STUDIO / COURT	POOL	YOGA STUDIO
MON	5:15A HIIT JESSICA 8:30A LM TONE ANGELA/HALEIGH 9:30A BODYPUMP LAURA/ANGELA 10:45A SILVER SNEAKERS DEBBIE NOON LESMILLS GRIT ROTATING 12:30P LESMILLS CORE KRISTINA 2:00P SENIOR FITNESS TRAVIS 5:30P BODYPUMP KEVIN/KRISTI	6:00A POWER RIDE45 LORA 5:30P HIIT BLAST CYCLE 30 HALEIGH/AMY	9:00A WATER FITNESS 45 AMY 5:30P AQUA ATHLETES 45 DESI	9:00A YOGA BASICS (ALL LEVELS) JULIA 10:30A TAI CHI (ALL LEVELS) TERRI 5:45P IYENGAR YOGA (ALL LEVELS) JERRI
TUE	5:30A BODYPUMP MICHELLE/LORA 9:30A STEP & ABS ANGELA NOON BODYPUMP CRISTINA 2:00P SILVER SNEAKERS HALEIGH 5:30P BODYCOMBAT DEB/HALEIGH	9:30A HIIT BLAST CYCLE 45 KYLIE NOON LES MILLS SPRINT DESI 5:30P HIIT BLAST CYCLE 30 KRISTI	9:00A WATER FITNESS 45 DESI 10:15A SILVER SNEAKERS SPLASH JULIA 5:30P AQUA ATHLETES 45 KEVIN/APOLYNNE	8:30A IYENGAR YOGA (ALL LEVELS) JERRI 10:30A YOGA *75 MIN* FOUNDATIONS JULIE
WED	5:15A BODYCOMBAT DEBBIE/MICHELLE 8:30A Cardio Yoga ANGELA 9:30A BODYPUMP KYLIE/ANGELA 10:45A SILVER SNEAKERS KYLIE/DEBBIE NOON LESMILLS GRIT ROTATING 2:00P SENIOR FITNESS TRAVIS 4:30P LES MILLS TONE HALEIGH/APOLYNNE 5:30P BODYPUMP KRISTI/HALEIGH	6:00A POWER RIDE45 DESI 8:30A POWER RIDE30 YOGA 30 JERRI	9:00A WATER FITNESS 45 JULIA 10:15A SILVER SNEAKERS SPLASH JULIA/HALEIGH	8:30A Cardio Yoga (LOCATED IN GROUP-X STUDIO) ANGELA 9:00A YOGA 30 JERRI 10:30A TAI CHI (ALL LEVELS) TERRI 5:45P IYENGAR YOGA *75 MIN* (ALL LEVELS) JERRI
THU	5:30A BODYPUMP LORA/MICHELLE 9:30A BALLESTONE JESSICA/ANGELA NOON BODYPUMP HALEIGH 5:30P BODYCOMBAT LAURA/MICHELLE	9:30A POWER RIDE45 DEBBIE NOON LESMILLS SPRINT DESI 12:30 LESMILLS CORE KRISTINA/ANGELA 5:30P HIIT BLAST CYCLE 30 KYLIE	9:00A WATER FITNESS 45 AMY 10:15A SILVER SNEAKERS SPLASH JULIA 5:30P AQUA ATHLETES 45 DESI	8:30A IYENGAR YOGA *90 MIN* (ALL LEVELS) JERRI 2:00P 24 FORM TERRI TAI CHI QUAN 6:00P EASY EVENING YOGA (ALL LEVELS) JERRI
FRI	5:15A HIIT45 JESSICA 8:30A BODYFLOW ANGELA 9:30A BODYPUMP ANGELA/KYLIE 10:45A SILVER SNEAKERS AMY/HALEIGH NOON LES MILLS GRIT ROTATING	NOON POWER RIDE45 JERRI SPORTS STRETCH 20	9:00A WATER FITNESS 45 AMY/DESI	9:00A YOGA BASICS (ALL LEVELS) JULIA 12:45P SPORTS STRETCH 20 JERRI
SAT	9:00A LES MILLS TONE JANET/APOLYNNE 10:00A BODYPUMP MICHELLE	9:00A POWER RIDE45 KRISTI	9:00A WATER FITNESS 45 ROTATING	9:00A IYENGAR YOGA *90 MIN* (LEVEL 2) JERRI
SUN	3:00P BODYCOMBAT CRISTINA 4:00P BODYPUMP KRISTINA/HALEIGH 5:00P BODYFLOW LORA/ANGELA	4:00P POWER RIDE45 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

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



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

HIIT (30/45min.) 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

Cardio Yoga Prepare yourself for a journey-filled sweat drenching moving meditation! With strong, flowing bodyweight movement, this uplifting class will enhance your cardiovascular endurance and overall functional 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.

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 (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 CORE (30 min) Inspired by elite athletic training principles, this scientific core workout drives incredible core strength and sports performance!

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!

Yoga Foundations (75 min) Moderate level class incorporating strength, flexibility, muscle activation movements and breathing to improve your body's awareness, self-care, and knowledge of basic yoga poses.

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

24 Form Tai Chi Quan: Beginner Level : This simplified version of Taiji is composed of twenty-four unique movements.

Iyengar Yoga (75 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.

Easy Evening 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 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 or 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/Sports Stretch20 (60 min)-A 45-minute cardio cycle class followed by 20 min. sports-inspired yoga 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