



# SHANNON HEALTH CLUB NOV 14 – JAN 1 GROUP EXERCISE SCHEDULE



	<b>GROUP X STUDIO</b>	<b>CYCLE STUDIO</b>	<b>POOL</b>	<b>YOGA STUDIO</b>
<b>MON</b>	<b>5:15A</b> HIIT JESSICA <b>8:30A</b> LM TONE ANGELA/HALEIGH <b>9:30A</b> BODYPUMP LAURA/ANGELA <b>10:45A</b> SILVER SNEAKERS DEBBIE <b>NOON</b> LESMILLS GRIT ROTATING <b>2:00P</b> SENIOR FITNESS RUDY <b>5:30P</b> BODYPUMP KEVIN/DENNIS	<b>5:30P</b> HIIT BLAST CYCLE 30 HALEIGH/AMY	<b>9:00A</b> WATER FITNESS 45 AMY  <b>5:30P</b> AQUA ATHLETES 45 DESI	<b>9:00A</b> YOGA BASICS (ALL LEVELS) JULIA <b>10:30A</b> TAI CHI (ALL LEVELS) TERRI <b>5:45P</b> IYENGAR YOGA (ALL LEVELS) JERRI
<b>TUE</b>	<b>5:30A</b> BODYPUMP MICHELLE/HALEIGH <b>9:30A</b> STEP & ABS ANGELA <b>NOON</b> BODYPUMP CRISTINA <b>2:00P</b> SILVER SNEAKERS HALEIGH <b>5:30P</b> BODYCOMBAT DEB/HALEIGH	<b>9:30A</b> HIIT BLAST CYCLE 45 KYLIE <b>NOON</b> LES MILLS SPRINT DESI <b>5:30P</b> HIIT BLAST CYCLE 30 KRISTI	<b>9:00A</b> WATER FITNESS 45 DESI <b>10:15A</b> SILVER SNEAKERS SPLASH JULIA <b>5:30P</b> AQUA KEVIN/ ATHLETES 45 APOLYNNE	<b>8:30A</b> IYENGAR YOGA (ALL LEVELS) JERRI <b>10:30A</b> YOGA *75 MIN* FOUNDATIONS JULIE
<b>WED</b>	<b>5:15A</b> BODYCOMBAT DEBBIE/MICHELLE <b>9:30A</b> BODYPUMP KYLIE/ANGELA <b>10:45A</b> SILVER SNEAKERS KYLIE/DEBBIE <b>NOON</b> LESMILLS GRIT ROTATING <b>2:00P</b> SENIOR FITNESS RUDY <b>4:30P</b> LES MILLS TONE HALEIGH/ APOLYNNE <b>5:30P</b> BODYPUMP KRISTI/HALEIGH	<b>8:30A</b> POWER RIDE30 YOGA 30 JERRI	<b>9:00A</b> WATER FITNESS 45 JULIA <b>10:15A</b> SILVER SNEAKERS SPLASH HALEIGH	<b>9:00A</b> YOGA 30 JERRI <b>10:30A</b> TAI CHI (ALL LEVELS) TERRI <b>5:45P</b> IYENGAR YOGA *75 MIN* (ALL LEVELS) JERRI
<b>THU</b>	<b>5:30A</b> BODYPUMP HALEIGH/MICHELLE <b>9:30A</b> BALLESTONE JESSICA/ANGELA <b>NOON</b> BODYPUMP CRISTINA <b>5:30P</b> BODYCOMBAT LAURA/MICHELLE	<b>9:30A</b> POWER RIDE45 DEBBIE <b>NOON</b> LESMILLS SPRINT DESI <b>5:30P</b> HIIT BLAST CYCLE 30 KYLIE	<b>9:00A</b> WATER FITNESS 45 AMY <b>10:15A</b> SILVER SNEAKERS SPLASH JULIA <b>5:30P</b> AQUA JENNIFER ATHLETES 45	<b>8:30A</b> IYENGAR YOGA *90 MIN* (ALL LEVELS) JERRI <b>2:00P</b> 24 FORM TERRI TAI CHI QUAN <b>6:00P</b> EASY EVENING YOGA (ALL LEVELS) JERRI
<b>FRI</b>	<b>5:15A</b> HIIT45 JESSICA <b>8:30A</b> BODYFLOW ANGELA <b>9:30A</b> BODYPUMP ANGELA/KYLIE <b>10:45A</b> SILVER SNEAKERS AMY/HALEIGH <b>NOON</b> LES MILLS GRIT ROTATING	<b>NOON</b> POWER RIDE45 JERRI SPORTS STRETCH 20 (YOGA STUDIO)	<b>9:00A</b> WATER FITNESS 45 KAYLA	<b>9:00A</b> YOGA BASICS JULIA (ALL LEVELS) <b>12:45P</b> SPORTS STRETCH 20 JERRI
<b>SAT</b>	<b>9:00A</b> LES MILLS TONE JANET/APOLYNNE <b>10:00A</b> BODYPUMP MICHELLE	<b>9:00A</b> POWER RIDE45 KRISTI		<b>9:00A</b> IYENGAR YOGA *90 MIN* (LEVEL 2) JERRI
<b>SUN</b>	<b>3:00P</b> BODYCOMBAT ROTATING <b>4:00P</b> BODYPUMP ROTATING	<b>3:00P</b> POWER RIDE30 ROTATING		<b>3:35P</b> BODYFLOW ROTATING

**Club Hours:**

MON – THURS: 5:00-10:30P  
 FRI: 5:00A – 8:00P  
 SAT: 8:00A – 7:00P  
 SUN: 12:00P – 7:00P  
**325-747-2582**

[Sanangelohealthclub.com](http://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 & ABS:** A cardio bench workout with fun choreography and lots of leg work with the bonus of an incredible core workout!

**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.

**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** (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 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:** This simplified Yang Style version of Tai Chi is soft, slow, gentle, and consists of 175 artistic 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**