



SHANNON HEALTH CLUB JUN 12 – AUG 20

GROUP EXERCISE SCHEDULE



	GROUP X STUDIO	CYCLE STUDIO/RACQUETBALL COURT	POOL	YOGA STUDIO
MON	5:15A HIIT JESSICA 8:45A LES MILLS TONE ANGELA/HALEIGH 9:30A BODYPUMP LAURA/HALEIGH 10:45A SILVER SNEAKERS DEBBIE NOON LESMILLS GRIT ROTATING 2:00P SENIOR FITNESS RUDY 5:30P BODYPUMP KEVIN 6:30P Zumba DEB/JANET	6:00A SPRINT ELISA/MALLORY NOON POWER RIDE30 YOGA30 (YOGA STUDIO) JERRI 5:30P HIIT BLAST CYCLE 30 AMY	9:00A WATER FITNESS 45 SUSAN/AMY 10:15A SILVER SNEAKERS SPLASH KAYLA 5:30P AQUA ATHLETES 45 JENNIFER	9:00A YOGA BASICS (ALL LEVELS) JULIA 10:30A TAI CHI (ALL LEVELS) TERRI 11:30A ADVANCED TAI CHI TERRI 5:30P IYENGAR YOGA (ALL LEVELS) JERRI
TUE	5:30A BODYPUMP MICHELLE/LORA 9:30A STEP & ABS ANGELA NOON BODYPUMP ANGELA 2:00P BALANCE & STABILITY JODI 5:30P BODYCOMBAT MICHELLE/HALEIGH	9:30A HIIT BLAST CYCLE 45 KYLIE 5:30P HIIT BLAST CYCLE 30 KRISTI 5:30P GENERATION POUND JESSICA J./MACKENZIE <small>CHILDREN AGES 6-12 → (RACQUETBALL COURT #8)</small>	9:00A WATER FITNESS 45 AMY 10:15A SILVER SNEAKERS SPLASH JULIA 5:30P AQUA ATHLETES 45 KEVIN	8:30A IYENGAR YOGA *90 MIN* (ALL LEVELS) JERRI 10:30A YOGA *75 MIN* FOUNDATIONS JULIE
WED	5:15A BODYCOMBAT ROTATING 9:30A BODYPUMP KYLIE/ANGELA 10:45A SILVER SNEAKERS HALEIGH/DEBBIE NOON LESMILLS GRIT ROTATING 12:30P CrunchTyme15 KRISTINA 2:00P SENIOR FITNESS RUDY 4:30P LES MILLS TONE HALEIGH/ANGELA 5:30P BODYPUMP KEVIN	8:45A POWER RIDE30 YOGA 30 (YOGA STUDIO) JERRI	9:00A WATER FITNESS 45 JULIA 10:15A SILVER SNEAKERS SPLASH APOLYNNE	9:15A YOGA 30 JERRI 10:30A TAI CHI (ALL LEVELS) TERRI 11:30A ADVANCED TAI CHI TERRI 5:30P IYENGAR YOGA *75 MIN* (ALL LEVELS) JERRI
THU	5:30A BODYPUMP ELISA/MICHELLE 9:30A BALLESTONE JESSICA/ANGELA NOON BODYPUMP HALEIGH 2:00P BALANCE & STABILITY JODI 5:30P BODYCOMBAT LAURA/DEBBIE 6:30P POUND JESSICA J./MACKENZIE	9:30A POWER RIDE45 DEBBIE NOON HIIT BLAST CYCLE30 KYLIE 5:30P HIIT BLAST CYCLE 30 MICHELLE/AMY 5:30P ZUMBA KIDS LATONYA <small>CHILDREN AGES 6-12 → (RACQUETBALL COURT #8)</small>	9:00A WATER FITNESS 45 AMY 10:15A SILVER SNEAKERS SPLASH JULIA 5:30P AQUA ATHLETES 45 JENNIFER	8:30A IYENGAR YOGA *90 MIN* (ALL LEVELS) JERRI 10:30A 24 FORM TAI CHI QUAN TERRI
FRI	5:15A HIIT45 JESSICA 8:45A BODYFLOW ANGELA 9:30A BODYPUMP ANGELA/KYLIE 10:45A SILVER SNEAKERS AMY/HALEIGH NOON LES MILLS GRIT ROTATING 2:00P SENIOR FITNESS RUDY	NOON POWER RIDE30 JERRI SPORTS STRETCH 20 (YOGA STUDIO)	9:00A WATER FITNESS 45 KAYLA	9:00A YOGA BASICS (ALL LEVELS) JULIA 12:40P SPORTS STRETCH 20 JERRI 5:30P EASY EVENING YOGA (ALL LEVELS) JERRI
SAT	9:30A LES MILLS TONE ROTATING 10:30A BODYPUMP MICHELLE	9:00A POWER RIDE45 KRISTI		9:00A IYENGAR YOGA *90 MIN* (LEVEL 2) JERRI
SUN	3:00P BODYCOMBAT ROTATING 4:00P BODYPUMP ROTATING	3:00P POWER RIDE30 ROTATING		3:35P BODYFLOW ELISA/LORA

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

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



SHANNON HEALTH CLUB

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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

IF ATTENDING CLASS FOR THE FIRST TIME, PLEASE ARRIVE 5 MINUTES EARLY TO ALLOW FOR SET-UP

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® 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.

Balance and Stability Low in impact, this class will help improve coordination, posture, and overall strength while also helping to prevent injuries and protect the joints.

Zumba A fun and exciting workout that combines Latin and international music with dance moves.

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

CrunchTyme15 Set aside 15 minutes of your time to strengthen the muscles of the torso, especially your lower back and abdominal area. This class is a great addition to Les Mills GRIT!

POUND (30 min) Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

GENERATION POUND (60 min) Intended for school aged children 6-12 years old, this movement will aim to change the concept of health and fitness for today's youth by introducing alternative ways to MOVE, ROCK, PLAY, and MAKE NOISE!

ZUMBA KIDS (30 min) This exciting dance cardio class will teach kids to learn how to move, listen to rhythm, exercise their bodies, and improve their health.

GRIT (30 min) LES MILLS GRIT™ features one of three high intensity interval training (HIIT) 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.) If you want the optimal mix of strength, cardio and core training this is it! Step into a LES MILLS TONE class and you'll get a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level!

BODYPUMP (60 min.) BODYPUMP™ is barbell workout designed to get you lean, toned and fit. Using light to moderate weight with lots of repetitions, this class gives you a total body workout that burns an average of 400 calories during a 55 minute workout! ****BodyPUMP™ is not recommended for expecting mothers and should not be done on consecutive days.****

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!

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.) You will learn and practice basic yoga poses suitable for most people. Strength, flexibility and toning are some of the incredible benefits this class has to offer!

Yoga Foundations (75 min) This moderate level class incorporates 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. Advanced classes are offered.

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 (30 or 45min.) A studio cycle class for everyone featuring great music and our Keiser M3 indoor bikes where 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 LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes 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