



SHANNON HEALTH CLUB AUG 21 – NOV 20 GROUP EXERCISE SCHEDULE



| | GROUP X STUDIO | CYCLE STUDIO | POOL | YOGA STUDIO |
|------------|---|--|--|---|
| MON | 5:15A HIIT JESSICA 8:30A LES MILLS TONE ANGELA 9:30A BODYPUMP LAURA/KYLIE 10:45A SILVER SNEAKERS DEBBIE NOON LESMILLS GRIT KYLIE 2:00P SENIOR FITNESS RUDY 5:30P BODYPUMP KEVIN 6:30P Zumba DEB/JANET | NOON POWER RIDE30 JERRI YOGA30 (YOGA STUDIO) 5:30P HIIT BLAST AMY CYCLE 30 | 9:00A WATER AMY FITNESS 45 10:15A SILVER SNEAKERS KAYLA SPLASH 5:30P AQUA JENNIFER ATHLETES 45 | 9:00A YOGA BASICS JULIA (ALL LEVELS) 10:30A TAI CHI TERRI (ALL LEVELS) 11:30A ADVANCED TERRI TAI CHI 5:30P IYENGAR YOGA JERRI (ALL LEVELS) |
| TUE | 5:30A BODYPUMP MICHELLE 9:30A STEP & ABS ANGELA NOON BODYPUMP ANGELA 2:00P BALANCE & STABILITY ROTATE 5:30P BODYCOMBAT MICHELLE | 9:30A HIIT BLAST KYLIE CYCLE 45 5:30P HIIT BLAST KRISTI CYCLE 30 | 9:00A WATER SUSAN FITNESS 45 10:15A SILVER SNEAKERS JULIA SPLASH 5:30P AQUA KEVIN ATHLETES 45 | 8:30A IYENGAR YOGA JERRI *90 MIN* (ALL LEVELS) 10:30A YOGA JULIE FOUNDATIONS *75 MIN* |
| WED | 5:15A BODYCOMBAT DEBBIE 9:30A BODYPUMP KYLIE 10:45A SILVER SNEAKERS HALEIGH NOON LESMILLS GRIT KRISTINA/KEV 12:30P CrunchTyme15 KRISTINA 2:00P SENIOR FITNESS RUDY 4:30P LES MILLS TONE HALEIGH 5:30P BODYPUMP KEVIN | 8:30A POWER RIDE30 JERRI YOGA 30 (YOGA STUDIO) | 9:00A WATER JULIA FITNESS 45 10:15A SILVER SNEAKERS APOLYNNE SPLASH | 9:15A YOGA 30 JERRI 10:30A TAI CHI TERRI (ALL LEVELS) 11:30A XING-YI TERRI STAFF 5:30P IYENGAR YOGA JERRI *75 MIN* (ALL LEVELS) |
| THU | 5:30A BODYPUMP MICHELLE 9:30A BALLESTONE JESSICA/ANGELA NOON BODYPUMP ELISA 2:00P BALANCE & STABILITY ROTATE 5:30P BODYCOMBAT HALEIGH | 9:30A POWER RIDE45 DEBBIE NOON HIIT BLAST KYLIE CYCLE30 5:30P HIIT BLAST AMY CYCLE 30 | 9:00A WATER AMY FITNESS 45 10:15A SILVER SNEAKERS JULIA SPLASH 5:30P AQUA JENNIFER ATHLETES 45 | 8:30A IYENGAR YOGA JERRI *90 MIN* (ALL LEVELS) 10:30A 24 FORM TERRI TAI CHI QUAN |
| FRI | 5:15A HIIT45 JESSICA 9:30A BODYPUMP ANGELA 10:45A SILVER SNEAKERS AMY NOON LES MILLS GRIT SARAH 2:00P SENIOR FITNESS RUDY | NOON POWER RIDE30 JERRI SPORTS STRETCH 30 (YOGA STUDIO) | 9:00A WATER KAYLA FITNESS 45 | 9:00A YOGA BASICS JULIA (ALL LEVELS) 12:40P SPORTS STRETCH 30 JERRI |
| SAT | 9:00A LES MILLS TONE JANET 10:00A BODYPUMP MICHELLE/HAL | 9:00A POWER RIDE45 KRISTI | | 9:00A IYENGAR YOGA JERRI *90 MIN* (LEVEL 2) |
| SUN | 3:00P BODYCOMBAT MALLORY 4:00P BODYPUMP KRISTI/ANGELA | 4:00P POWER RIDE30 MICHELLE | | 5:00P EASY EVENING YOGA JERRI (ALL LEVELS) |

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.

UNDER-PERFORMING CLASSES SUBJECT TO CANCELLATION.

Nursery Hours:

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



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.

LES MILLS 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!

LES MILLS 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.**

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!

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.

XING-YI CHUAN : The martial art that truly connects mind and body is one of the Internal Energy Three Sisters: Tai Chi Chuan, Xing Yi Chuan and Bagua Zhang.

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