

# SHANNON HEALTH CLUB AUG 21 – NOV 20

# GROUP EXERCISE SCHEDULE

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

**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.

\*\*\*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

