

# SHANNON HEALTH CLUB NOV 21 – JAN 15

# 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 KYLIE/ERIN <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>NOON</b> LESMILLS SPRINT DESI/ MAL <b>5:30P</b> HIIT BLAST KRISTI CYCLE 30	<b>9:00A</b> WATER FITNESS 45 SUSAN <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>8:30A</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>9:10A</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>10:30A</b> CHAIR YOGA DEBBIE <b>12:40P</b> SPORTS STRETCH 30 JERRI
<b>SAT</b>	<b>9:00A</b> LES MILLS TONE JANET <b>10:00A</b> BODYPUMP HALEIGH/MICHELLE	<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		<b>5:00P</b> 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](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



## 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!

**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 multi-peak workout helps burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength. Members leave feeling empowered and on track for all-around functional fitness!

**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! **\*Safety is our number one priority, so if you are pregnant we recommend talking with your doctor or midwife about taking BODYPUMP™. Also, let your instructor know, and they'll suggest modifications for your throughout the class.**

**LES MILLS BODYCOMBAT** (60 min.) Punch and kick your way to fitness with BodyCombat™! This class is a high-energy martial arts-inspired workout that is totally non-contact with no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ! **\*BODYCOMBAT™ is not recommended during pregnancy. The release of hormones such as estrogen and relaxin can result in joints being less stable – so the kicks in BODYCOMBAT may aggravate the hip and pelvis.**

### 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.**

**Chair Yoga** All Levels (45 min.) Enjoy a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

### 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.