



SHANNON HEALTH CLUB GROUP EXERCISE SCHEDULE

AUG 14 – NOV 19



	GROUP X STUDIO	CYCLE STUDIO	POOL	YOGA STUDIO
MON	5:15A HIIT JESSICA 8:30A LES MILLS TONE ANGELA 9:30A BODYPUMP ERIN 10:45A SILVER SNEAKERS DEBBIE NOON LESMILLS GRIT KYLIE 2:00P SENIOR FITNESS RUDY 4:30P BODYATTACK (45MIN) VIRTUAL 5:30P BODYPUMP KEVIN 6:30P Zumba JANET	9:00A RPM VIRTUAL NOON POWER RIDE30 JERRI 12:35P YOGA30 (YOGA STUDIO) 5:30P HIIT BLAST AMY CYCLE 30	9:00A WATER FITNESS 45 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 24FORM TERRI 12:35P YOGA30 (ALL LEVELS) JERRI 5:30P IYENGAR YOGA (ALL LEVELS) JERRI
TUE	5:30A BODYPUMP LORA 8:30A LES MILLS BARRE (30MIN)VIRTUAL 9:30A STEP & ABS ANGELA NOON BODYPUMP HALEIGH 2:00P BALANCE & STABILITY ROTATE 5:30P BODYCOMBAT MICHEBBIE 6:45P BODYPUMP (45MIN) VIRTUAL	9:30A HIIT BLAST CYCLE 45 KYLIE NOON LESMILLS SPRINT VIRTUAL 5:30P HIIT BLAST CYCLE 30 KRISTI	9:00A WATER FITNESS 45 ROTATE 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 4:30P BODYBALANCE (45MIN) VIRTUAL
WED	5:15A BODYCOMBAT MICHEBBIE 8:30A LES MILLS TONE HALEIGH 9:30A BODYPUMP ANGELA 10:45A SILVER SNEAKERS HALEIGH NOON LESMILLS GRIT KEVIN 2:00P SENIOR FITNESS RUDY 4:30P BODYBALANCE (45MIN) VIRTUAL 5:30P BODYPUMP KEVIN	8:30A POWER RIDE30 JERRI 9:05A YOGA 30 (YOGA STUDIO) NOON RPM VIRTUAL 5:30P POWER RIDE30 HALEIGH	9:00A WATER FITNESS 45 JULIA 10:15A SILVER SNEAKERS SPLASH ERIN	9:05A YOGA 30 (ALL LEVELS) 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 MICHELLE 8:30A BODYATTACK (30MIN) VIRTUAL 9:30A BALLESTONE JESSICA/ANGELA NOON BODYPUMP LAURA 2:00P BALANCE & STABILITY ROTATE 5:30P BODYCOMBAT HALEIGH 6:45P BODYPUMP (45MIN) VIRTUAL	9:30A POWER RIDE45 DEBBIE NOON HIIT BLAST CYCLE30 KYLIE 5:30P HIIT BLAST CYCLE 30 AMY	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 ADVANCED STAFF TAI CHI TERRI 4:30P BODYBALANCE (45MIN) VIRTUAL
FRI	5:15A HIIT45 JESSICA 9:30A BODYPUMP ANGELA 10:45A SILVER SNEAKERS AMY NOON LES MILLS GRIT SARAH 2:00P SENIOR FITNESS RUDY 4:30P LES MILLS CORE (30MIN) VIRTUAL	9:00A RPM VIRTUAL NOON POWER RIDE30 JERRI 12:35P YOGA 30 (YOGA STUDIO)	9:00A WATER FITNESS 45 KAYLA	9:00A YOGA BASICS (ALL LEVELS) JULIA 10:30A CHAIR STRETCH DEBBIE 12:35P YOGA 30 (ALL LEVELS) JERRI
SAT	9:00A LES MILLS TONE JANET 10:00A BODYPUMP HALEIGH/MICHELLE 3:00P BODYCOMBAT (30MIN) VIRTUAL	9:00A POWER RIDE45 KRISTI	9:00A WATER FITNESS 45 TOM	9:00A IYENGAR YOGA *90 MIN* (LEVEL 2) JERRI
SUN	3:00P BODYCOMBAT MAL 4:00P BODYPUMP ANGELA	4:00P SPRINT MAL		5:00P EASY EVENING YOGA (ALL LEVELS) JERRI

Club Hours:

MON – THURS: 5:00A-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

LES MILLS LIVE CLASSES:

LES MILLS BODYPUMP The original barbell workout for anyone looking to get lean, toned and fit – fast.

tone Work efficiently and improve the quality of movement with this fun, inclusive class while you cross-train through cardio, strength and core.

LES MILLS BODYCOMBAT Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS GRIT With 30 minutes of high-intensity interval training, this program offers three variations: Strength, Cardio and Athletic.

LES MILLS VIRTUAL CLASSES:

LES MILLS BODYATTACK High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS BODYBALANCE Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS CORE Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS RPM Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

Some classes offered live are also offered virtual.

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 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.

Chair Stretch 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

Power Ride (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!

Sprint High-intensity interval training on a bike. 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.

***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) This athletic-style exercise focuses on improving cardiovascular endurance and muscular strength with the added benefit of water resistance all while placing less stress on the joints.

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.