



# SHANNON HEALTH CLUB GROUP EXERCISE SCHEDULE

NOV 20 – JAN 7



	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 ERIN <b>10:45A</b> SILVER SNEAKERS DEBBIE <b>NOON</b> LESMILLS GRIT KYLIE <b>2:00P</b> SENIOR FITNESS RUDY <b>4:30P</b> BODYATTACK (45MIN) VIRTUAL <b>5:30P</b> BODYPUMP KEVIN <b>6:30P</b> Zumba JANET	<b>9:00A</b> RPM VIRTUAL  <b>NOON</b> POWER RIDE30 JERRI <b>12:35P</b> YOGA30 (YOGA STUDIO) <b>5:30P</b> HIIT BLAST CYCLE 30 AMY	<b>9:00A</b> WATER FITNESS 45 AMY <b>10:15A</b> SILVER SNEAKERS SPLASH KB/KENNA <b>5:30P</b> AQUA ATHLETES 45 JENNIFER	<b>9:00A</b> YOGA BASICS (ALL LEVELS) JULIA <b>10:30A</b> TAI CHI (ALL LEVELS) TERRI <b>11:30A</b> 24FORM TERRI <b>12:35P</b> YOGA30 (ALL LEVELS) JERRI <b>5:30P</b> IYENGAR YOGA (ALL LEVELS) JERRI
<b>TUE</b>	<b>5:30A</b> BODYPUMP LORA <b>8:30A</b> LES MILLS BARRE (30MIN) VIRTUAL <b>9:30A</b> STEP & ABS ANGELA <b>NOON</b> BODYPUMP HALEIGH <b>2:00P</b> BALANCE & STABILITY ROTATE <b>5:30P</b> BODYCOMBAT MICHEBBIE <b>6:45P</b> BODYPUMP (45MIN) VIRTUAL	<b>9:30A</b> HIIT BLAST CYCLE 45 KYLIE <b>NOON</b> LESMILLS SPRINT MAL <b>5:30P</b> HIIT BLAST CYCLE 30 HALEIGH	<b>9:00A</b> WATER FITNESS 45 ROTATE <b>10:15A</b> SILVER SNEAKERS SPLASH JULIA <b>5:30P</b> AQUA ATHLETES 45 KEVIN	<b>8:30A</b> IYENGAR YOGA *90 MIN* (ALL LEVELS) JERRI <b>10:30A</b> YOGA *75 MIN* FOUNDATIONS JULIE <b>4:30P</b> BODYBALANCE (45MIN) VIRTUAL
<b>WED</b>	<b>5:15A</b> BODYCOMBAT MICHEBBIE <b>8:30A</b> LES MILLS TONE HALEIGH <b>9:30A</b> BODYPUMP ANGELA <b>10:45A</b> SILVER SNEAKERS ERIN <b>NOON</b> LESMILLS GRIT KEVIN <b>2:00P</b> SENIOR FITNESS RUDY <b>4:30P</b> BODYBALANCE (45MIN) VIRTUAL <b>5:30P</b> BODYPUMP KEVIN	<b>8:30A</b> POWER RIDE30 JERRI <b>9:05A</b> YOGA 30 (YOGA STUDIO) <b>NOON</b> RPM VIRTUAL <b>5:30P</b> POWER RIDE30 KRISTI	<b>9:00A</b> WATER FITNESS 45 JULIA <b>10:15A</b> SILVER SNEAKERS SPLASH KB	<b>9:05A</b> YOGA 30 (ALL LEVELS) JERRI <b>10:30A</b> TAI CHI (ALL LEVELS) TERRI <b>11:30A</b> ADVANCED (TAI CHI) TERRI <b>5:30P</b> IYENGAR YOGA *75 MIN* (ALL LEVELS) JERRI
<b>THU</b>	<b>5:30A</b> BODYPUMP MICHELLE <b>8:30A</b> BODYATTACK (30MIN) VIRTUAL <b>9:30A</b> BALLESTONE JESSICA/ANGELA <b>NOON</b> BODYPUMP ERIN <b>2:00P</b> BALANCE & STABILITY ROTATE <b>5:30P</b> BODYCOMBAT HALLORY <b>6:45P</b> BODYPUMP (45MIN) VIRTUAL	<b>9:30A</b> POWER RIDE45 DEBBIE <b>NOON</b> HIIT BLAST CYCLE30 KYLIE <b>5:30P</b> HIIT BLAST CYCLE 30 AMY	<b>9:00A</b> WATER FITNESS 45 AMY <b>10:15A</b> SILVER SNEAKERS SPLASH JULIA <b>5:30P</b> AQUA ATHLETES 45 JENNIFER	<b>8:30A</b> IYENGAR YOGA *90 MIN* (ALL LEVELS) JERRI <b>10:30A</b> ADVANCED STAFF TAI CHI TERRI <b>4:30P</b> BODYBALANCE (45MIN) VIRTUAL
<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>4:30P</b> LES MILLS CORE (30MIN) VIRTUAL	<b>9:00A</b> RPM VIRTUAL  <b>NOON</b> POWER RIDE30 JERRI <b>12:35P</b> YOGA 30 (YOGA STUDIO)	<b>9:00A</b> WATER FITNESS 45 KAYLA <b>10:15A</b> SILVER SNEAKERS SPLASH ERIN	<b>9:00A</b> YOGA BASICS (ALL LEVELS) JULIA <b>10:30A</b> CHAIR STRETCH DEBBIE <b>12:35P</b> YOGA 30 (ALL LEVELS) JERRI
<b>SAT</b>	<b>9:00A</b> LES MILLS TONE JANET <b>10:00A</b> BODYPUMP HALEIGH/MICHELLE <b>3:00P</b> BODYCOMBAT (30MIN) VIRTUAL	<b>9:00A</b> POWER RIDE45 KRISTI	<b>9:00A</b> WATER FITNESS 45 TOM	<b>9:00A</b> IYENGAR YOGA *90 MIN* (LEVEL 2) JERRI
<b>SUN</b>	<b>3:00P</b> BODYCOMBAT MAL <b>4:00P</b> BODYPUMP ANGELA	<b>4:00P</b> SPRINT VIRTUAL		<b>5:00P</b> 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](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

### 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.

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

### LES MILLS VIRTUAL CLASSES:

**barre** A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

**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.

**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.

**Advanced Staff Tai Chi** This extension of Tai Chi uses a profound technique that involves a wooden staff and is offered only for advanced Tai Chi participants.

**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.\*\*\*