



# Shannon Health Club

## GROUP EXERCISE SCHEDULE

**Club Hours:**  
**Mon-Thur: 5:00a-10:30p**  
**Fri: 5:00a-8:00p**  
**Sat: 8:00a-7:00p**  
**Sun: 12:00p-7:00p**

### JULY21-AUG10

	GROUP X STUDIO (Downstairs)		CYCLE STUDIO		POOL		YOGA		GROUP X STUDIO (UPSTAIRS)
<b>MON</b>	8:30A-LesMills Tone Ang 9:30A-BodyPump Mal 10:45A-SilverSneakers Deb  Noon-LesMills GRIT Kevin 5:30P- BodyPump Kevin		9:00A- LesMills RPM Virtual  Noon-PowerRide30 12:35P-Yoga30 Jerri  5:30P- HIIT BlastCycle30 Michelle		9:00A- Water Fitness Kenna 10:00A- SilverSneakers Splash KaylaM 11:00A-Water Fitness KB  5:30P-Aqua Athletes Jennifer		9:00A-Yoga Basics Julia (all levels) 10:30A-Chair Stretch Jess 12:35P-Yoga30 Jerri (all levels) 4:30P-BodyBalance Virtual 5:30P-Iyengar Yoga Jerri (all levels)		Noon-BodyPump Virtual  2:00P-Senior Fitness Rudy 4:30P-BodyCombat Virtual
<b>TUE</b>	5:30A-BodyPump Haleigh  9:30A-Step&Abs Angela  Noon-BodyPump Erin		9:30A- HIIT Blast Cycle45 Kylie 12:02P- LesMills Sprint Mal 5:30P-PowerRide30 Kristi		9:00A- Water Fitness KaylaM 10:00A- SilverSneakers Splash Julia 5:30P-Aqua Athletes Kevin		8:30A-Iyengar Yoga Jerri *90 mins* (all levels) 10:30A-Yoga Foundations Julie *75 mins* (all levels) 4:30P-BodyBalance Virtual		12:35P-LesMills Core Virtual 2:00P-Balance&Stability Rotating 5:30P-BodyCombat Michelle 6:30P-BodyPump Virtual
<b>WED</b>	8:30A-LesMills Tone Mal 9:30A- BodyPump Angela 10:45A-SilverSneakers Erin Noon- LesMills GRIT Mal 5:30P- BodyPump Kevin		8:30A-LesMills Sprint Virtual 9:00A- LesMills RPM Virtual Noon- LesMills Sprint Virtual  5:30P-SPINERGY Haleigh		9:00A- Water Fitness Julia 10:00A- SilverSneakers Splash KB		9:00A-Yoga Basics Dave (all levels) 4:30P-BodyBalance Virtual 5:30P-Iyengar Yoga Jerri *75mins*(all levels)		5:15A-Barre Janet+Jess Noon-BodyPump Virtual 2:00P-Senior Fitness Rudy 4:30P-BodyCombat Virtual
<b>THU</b>	5:30A- BodyPump Lora  9:30A-Step&Abs Angela  Noon-BodyPump Mal		9:30A-Beginner's Cycle Deb  Noon-HIIT Blast Cycle30 Kylie 5:30P-HIIT BlastCycle30 Michelle		9:00A- Water Fitness KB 10:00A- SilverSneakers Splash Julia/Kenna  5:30P-Aqua Athletes Jennifer		8:30A-Iyengar Yoga Jerri *90 mins* (all levels)  4:30P-BodyBalance Virtual 5:30P-Beginner's Yoga Ely		10:30A-Line Dancing Gloria 12:35P-LesMills Core Virtual 2:00P-Balance&Stability Rotating 5:30P-BodyCombat Mal 6:30P-BodyPump Virtual
<b>FRI</b>	8:30A-LesMills Tone Mal 9:30A- BodyPump Angela 10:45A-SilverSneakers Mal  Noon-LesMills GRIT Sarah		9:00A- LesMills RPM Virtual  Noon-PowerRide30 12:35P-Yoga30 Jerri		9:00A- Water Fitness Kenna 10:00A- SilverSneakers Splash Erin		9:00A-Yoga Basics Julia (all levels) 10:30A-Chair Stretch Deb 12:35P-Yoga30 Jerri (all levels)		5:15A-HIIT45 Jess Noon-BodyPump Virtual 2:00P-Line Dancing Gloria 4:30P-LesMills Core Virtual
<b>SAT</b>	9:00A-LesMills Tone Janet 10:00A-BodyPump Michelle		9:00A-PowerRide45 Kristi		9:00A- Water Fitness Tom		9:00A-Iyengar Yoga Jerri *90 mins* (all levels)		Noon-BodyPump Virtual 3:00P-BodyCombat Virtual
<b>SUN</b>	4:00P-BodyPump Angela		2:00P- LesMills RPM Virtual 4:00P- LesMills Sprint Virtual				3:00P-BodyBalance Virtual 5:00P-Easy Evening Yoga Jerri		1:00P-BodyPump Virtual 3:00P-BodyCombat Yvonne

# Class Descriptions

## Downstairs Studio:

- BODYPUMP:** (45/60min) The original barbell workout for anyone looking to get lean, toned, and fit-fast!
- GRIT:** (30min) A high-intensity interval training class in three variations- strength, cardio, and athletic.
- SILVER SNEAKERS BOOM:** (45min) Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skills.
- STEP&ABS:** (60min) A cardio bench workout with FUN choreography and lots of leg work with the bonus of an incredible core workout.
- TONE:** (45min) Work efficiently and improve the quality of movement with this fun, inclusive class while you cross-train through cardio, strength, and core.

## Cycle Studio:

- BEGINNER'S CYCLE:** (45min) This class focuses on building endurance and improving cardio. Great for ALL fitness levels.
- HIIT BLAST CYCLE:** (30/45min) You will get your heart pumping and have a blast in this high-intensity spin class!
- LES MILLS SPRINT:** (30min) High-intensity interval training on a bike! The thrill and motivation come from pushing your physical and mental limits.
- POWER RIDE:** (30/45min) A studio cycle class for everyone featuring great music and a motivating, multi-level cardio workout experience.
- SPINERGY:** (30min) Strong beats, a good sweat, and HIGH ENERGY are sure to be found in this FUN cycle ride.

## Pool:

- AQUA ATHLETES:** (45min) This athletic-style exercise class focuses on improving cardio endurance and muscular strength with the added benefit of water resistance, while placing less stress on the joints.
- SILVER SNEAKERS SPLASH:** (45min) In this fun, shallow-water exercise class, you will use a signature splashboard to increase strength and endurance.
- WATER FITNESS:** (45min) A non-impact exhilarating workout to help burn calories and tone muscles.

## Yoga Studio:

- BEGINNER'S YOGA:** (60min) Through a series of basic yoga poses, you will leave this class feeling rejuvenated, stronger, and more connected to yourself.
- EASY EVENING YOGA:** (60min) Learn how to develop more comfort and freedom in the hips, shoulders, and chest.
- IYENGAR YOGA:** (75/90min) This class is a yoga practice developed by B.K.S Iyengar. The emphasis is on precision and alignment, using props such as blankets, straps, and chairs to achieve balance and strength in the body.
- YOGA BASICS:** (60min) Learn and practice basic yoga poses suitable for most people. Strength, flexibility, and toning are some benefits this class has to offer.
- YOGA FOUNDATIONS:** (75min) This moderate level class incorporates strength, flexibility, muscle activation movements, and breathing to improve your body's awareness and self-care.

## Upstairs Studio:

- BALANCE & STABILITY:** (45min) This class will help improve coordination, posture, and overall strength while also helping to prevent injuries and protect the joints.
- BARRE:** (45min) This class uses small, controlled movements to build strength, improve posture, and increase flexibility.
- BODYCOMBAT:** (60min) Punch and kick your way to fitness with this high-energy, martial arts workout. You will release stress, have a blast, and feel like a champ!
- HIIT:** (45min) Combines bursts of exercises with recovery periods to maximize output and improve cardiovascular fitness.
- LINE DANCING:** (60min) Exercise the body AND the mind! In this class, you will learn basic dance steps, giving you a low in impact, but high in fun workout!
- SENIOR FITNESS:** (60min) This low-impact class is designed to prevent injury, while also increasing muscle strength and energy levels.