



# SHANNON HEALTH CLUB GROUP EXERCISE SCHEDULE



**FEB 26-APR 28**

*\*Italicized classes are VIRTUAL\**

	<b>Group X Studio (Downstairs)</b>	<b>Cycle Studio</b>	<b>POOL</b>	<b>Yoga Studio</b>	<b>Group X Studio (Upstairs)</b>
<b>MON</b>	9:30A BodyPump 10:45A Silver Sneakers NOON LesMills GRIT 5:30P BodyPump	<b>6:00A</b> <i>LesMills Sprint</i> <b>9:00A</b> <i>LesMills RPM</i> NOON Power Ride30 12:35P Yoga30 <b>5:30P</b> HIIT Blast Cycle30	9:00A Water Fitness45 10:15A Silver Sneakers Splash  5:30P Aqua Athletes45	9:00A Yoga Basics (all levels)  12:35P Yoga30 (all levels)  5:30P Iyengar Yoga (all levels)	5:15A Morning Mashup 8:30A LesMills Tone <b>NOON</b> <i>BodyPump</i> 2:00P Senior Fitness <b>4:30P</b> <i>BodyCombat</i> 5:30P LesMills Tone 6:30P Zumba
<b>TUE</b>	5:30A BodyPump 10:45A SilverSneakers NOON BodyPump	9:30A HIIT Blast Cycle45 12:02P LesMills Sprint  5:30P Power Ride30	9:00A Water Fitness45 10:15A Silver Sneakers Splash  5:30P Aqua Athletes45	8:30A Iyengar Yoga *75mins* (all levels) 10:30A Yoga Foundations *75mins*  <b>4:30P</b> <i>LesMills BodyBalance</i>	8:30A <i>LesMills Barre</i> 9:30A Step & Abs <b>NOON</b> <i>LesMills GRIT</i> 2:00P Balance & Stability 5:30P BodyCombat <b>6:30P</b> <i>BodyPump</i>
<b>WED</b>	9:30A BodyPump 10:45A Silver Sneakers NOON LesMills GRIT 5:30P BodyPump	<b>9:00A</b> <i>LesMills RPM</i>  NOON Power Ride30 12:35P Yoga30  5:30P SPINERGY	9:00A Water Fitness45 10:15A Silver Sneakers Splash  5:30P Water Fitness45	9:00A Yoga Basics (all levels)  12:35P Yoga30 (all levels)  5:30P Iyengar Yoga *75mins* (all levels)	5:15A BodyCombat 8:30A LesMills Tone <b>NOON</b> <i>BodyPump</i> 2:00P Senior Fitness <b>4:30P</b> <i>BodyCombat</i> <b>6:30P</b> <i>LesMills Sh'Bam</i>
<b>THU</b>	5:30A BodyPump  NOON BodyPump	9:30A SPINOVATION NOON HIIT Blast Cycle30 5:30P HIIT Blast Cycle30	9:00A Water Fitness45 10:15A Silver Sneakers Splash  5:30P Aqua Athletes45	8:30A Iyengar Yoga *90mins* (all levels)  <b>4:30P</b> <i>LesMills BodyBalance</i>	8:30A <i>LesMills Barre</i> 9:30A Balletone 10:30A Line Dancing <b>NOON</b> <i>LesMills GRIT</i> 2:00P Balance & Stability 5:30P BodyCombat <b>6:30P</b> <i>BodyPump</i>
<b>FRI</b>	9:30A BodyPump 10:45A Silver Sneakers NOON LesMills GRIT	<b>9:00A</b> <i>LesMills RPM</i>  NOON Power Ride30 12:35P Yoga30	9:00A Water Fitness45 10:15A Silver Sneakers Splash	9:00A Yoga Basics (all levels) 10:30A Chair Stretch  12:35P Yoga30 (all levels)	5:15A Morning Mashup 8:30A <i>LesMills Barre</i> <b>NOON</b> <i>BodyPump</i> 2:00P Line Dancing <b>4:30P</b> <i>LesMills Core</i>
<b>SAT</b>	10:00A BodyPump	9:00A Power Ride45	9:00A Water Fitness45	9:00A Iyengar Yoga *90mins* (all levels)	9:00A LesMills Tone <b>3:00P</b> <i>BodyCombat</i>
<b>SUN</b>	4:00P BodyPump	<b>4:00P</b> <i>LesMills Sprint</i>		<b>3:00P</b> <i>LesMills BodyBalance</i> 5:00P Easy Evening Yoga	3:00P BodyCombat <b>5:00P</b> <i>LesMills Sh'Bam</i>

A list of classes with instructors' names and descriptions can be found separately, organized by studio.

**Club Hours:**

MON-THUR: 5:00A-10:30P  
FRI: 5:00A-8:00P  
SAT: 8:00A-7:00P  
SUN: 12:00P-7:00P

**SHANNON HEALTH CLUB**

**325-747-2582**

[www.shannonhealth.com/shannon-health-club/](http://www.shannonhealth.com/shannon-health-club/)

**“Raising the bar on fitness!”**

**Nursery Hours:**

MON-FRI  
8:00A-1:15P  
4:00P-7:30P  
SAT: 8:00A-NOON  
SUN: 3:00P-6:15P

## GROUP EXERCISE STUDIOS:

**Balance & Stability:** This class will help improve coordination, posture, and overall strength while also helping to prevent injuries and protect the joints.

**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 technique from ballet, Pilates, and fitness.

**Line Dancing:** 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!

**Morning Mashup:** (30/45min) A high intensity interval training class using a large variety of styles and equipment!

**Senior Fitness:** This low impact class is designed to prevent injury while also increasing muscle strength and energy levels.

**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.

**Step&Abs:** A cardio bench workout with FUN choreography and lots of leg work with the bonus of an incredible core workout.

**Zumba:** Ditch the workout and join the party! Zumba is a fun and exciting workout that combines Latin and international music with dance moves.

**LES MILLS BODYCOMBAT** Punch and kick your way to fitness with this high-energy non-contact martial arts workout. You will release stress, have a blast, and feel like a champion!

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

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

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

## CYCLE STUDIO:

**HIIT Blast Cycle:** (30/45 min) You're going to get your heart pumping and have a blast in this High Intensity Interval Training spin class!

**Power Ride:** (30/45 min) 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!

**Power Ride30/Yoga30:** (60min) 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.

**SPINERGY:** (30min) Strong beats, a good sweat, and HIGH ENERGY are sure to be found in this FUN cycle ride!

**SPINOVATION:** (45min) Spin+motivation+innovation=SPINOVATION! An upbeat ride for all levels (song requests encouraged!)

**LES MILLS sprint** (30min) High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits.

## POOL:

**Water Fitness:** All levels (45min) A non-impact exhilarating workout to help burn calories and tone muscles.

**Aqua Athletes:** All levels (45min) 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 will use a signature splash board to increase strength and endurance.

## YOGA STUDIO:

**Yoga Basics:** All levels (60min) 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:** (75min) 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.

**Iyengar Yoga:** (75 or 90min) 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 (60min) Learn how to develop more comfort and freedom in the hips, shoulders, and chest.

**Chair Stretch:** All levels (45min) 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.

**Yoga mats/props are provided, but you may bring your own.**