



Shannon Health Club

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

GROUP EXERCISE SCHEDULE

JAN27-APR19

	GROUP X STUDIO (Downstairs)	CYCLE STUDIO	POOL	YOGA	GROUP X STUDIO (UPSTAIRS)
MON	9:30A-BodyPump Erin 10:45A-SilverSneakers Deb Noon-LesMills Shapes Kevin/Mal 5:30P- BodyPump Kevin	9:00A- LesMills RPM Virtual Noon-PowerRide30 12:35P-Yoga30 Jerri 5:30P- HIIT BlastCycle30 Amy	9:00A- Water Fitness Kenna 10:15A- SilverSneakers Splash KaylaM 5:30P-Aqua Athletes Jennifer	9:00A-Yoga Basics Julia (all levels) 12:35P-Yoga30 Jerri (all levels) 4:30P-BodyBalance Virtual 5:30P-Iyengar Yoga Jerri (all levels)	5:15A-HIIT30 Jessica 8:30A-LesMills Tone Angela Noon-BodyPump Virtual 2:00P-Senior Fitness Rudy 4:30P-BodyCombat Virtual
TUE	5:30A-BodyPump Lora/Hal Noon-BodyPump Erin	9:30A- HIIT Blast Cycle45 Kylie 12:02P- LesMills Sprint Mal 5:30P-PowerRide30 Kristi	9:00A- Water Fitness Kenna 10:15A- 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	9:30A-Step&Abs Ang 12:35P-LesMills Core Virtual 2:00P-Balance&Stability Rotating 5:30P-BodyCombat Michelle 6:30P-BodyPump Virtual
WED	5:15A-LesMills Shapes Janet/Mal 9:30A- BodyPump Angela 10:45A-SilverSneakers Erin Noon- LesMills GRIT Kylie 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 10:15A- SilverSneakers Splash KB	4:30P-BodyBalance Virtual 5:30P-Iyengar Yoga Jerri *75mins*(all levels)	8:30A-LesMills Tone Mal Noon-BodyPump Virtual 2:00P-Senior Fitness Rudy 4:30P-BodyCombat Virtual
THU	5:30A- BodyPump Michelle 9:30A-Step&Abs Angela Noon-BodyPump Mal	9:30A-SPINOVIATION Deb Noon-HIIT Blast Cycle30 Kylie 5:30P- HIIT BlastCycle30 Amy	9:00A- Water Fitness Amy 10:15A- SilverSneakers Splash Julia/Kenna 5:30P-Aqua Athletes Jennifer	8:30A-Iyengar Yoga Jerri *90 mins* (all levels) 4:30P-BodyBalance Virtual 6:00P-Beginner's Yoga Ely	9:30A-Balletone Jessica 10:30A-Line Dancing Gloria 12:35P-LesMills Core Virtual 2:00P-Balance&Stability Rotating 5:30P-BodyCombat Mal 6:30P-BodyPump Virtual
FRI	8:30A-LesMills Shapes KB/Mal 9:30A- BodyPump Angela 10:45A-SilverSneakers Amy Noon-LesMills GRIT Sarah	9:00A- LesMills RPM Virtual Noon-PowerRide30 12:35P-Yoga30 Jerri	9:00A- Water Fitness Amy 10:15A- SilverSneakers Splash Erin	9:00A-Yoga Basics Julia (all levels) 10:30A-Chair Stretch Deb 12:35P-Yoga30 Jerri (all levels)	5:15A-HIIT45 Jessica Noon-BodyPump Virtual 2:00P-Line Dancing Gloria 4:30P-LesMills Core Virtual
SAT	10:00A-BodyPump Ma/Michelle	9:00A-PowerRide45 Kristi	9:00A- Water Fitness Tom	9:00A-Iyengar Yoga Jerri *90 mins* (all levels)	9:00A-LesMills Tone Janet Noon-BodyPump Virtual 3:00P-BodyCombat Virtual
SUN	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 Mal/Yvonne

Class Descriptions

GROUP EXERCISE STUDIOS:

Balletone: (45min) 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.

Balance & Stability: (45min) This class will help improve coordination, posture, and overall strength while also helping to prevent injuries and protect the joints.

HIIT: (30/45min) A high intensity interval class (for all fitness levels) using a large variety of styles and equipment.

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.

SILVER SNEAKERS: (45min) 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.

Step&Abs: (60mins) A cardio bench workout with FUN choreography and lots of leg work with the bonus of an incredible core workout.

LES MILLS CLASSES:

BODYCOMBAT: (60min) 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.

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.

SHAPES: A low-impact, full-body strength training class that combines elements of Pilates, barre, and power yoga.

SPRINT: (30min) High-intensity interval training on a bike. The thrill and motivation comes from pushing your physical and mental limits.

TONE: (45min) Work efficiently and improve the quality of movement with this fun, inclusive class while you cross-train through cardio, strength, and core.

YOGA STUDIO:

Yoga Basics: (60min) Learn and practice basic yoga poses suitable for most people. Strength, flexibility, and toning are some of the 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.

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.

Easy Evening Yoga: (60min) Learn how to develop more comfort and freedom in the hips, shoulders, and chest.

Beginner's Yoga: (60min) Through a series of basic yoga poses, you will leave this class feeling rejuvenated, stronger, and more connected to yourself.

POOL:

Aqua Athletes: (45min) This athletic-style exercise class focuses on improving cardio endurance and muscular strength with the added benefit of water resistance all 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.

CYCLE STUDIO:

HIIT Blast Cycle: (30/45min) You will get your heart pumping and have a blast in this high intensity spin class!

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!

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

