



# SHANNON HEALTH CLUB

## GROUP EXERCISE

### SEPT 9-NOV 10

# SCHEDULE



	<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 Erin 10:45A-Silver Sneakers Deb NOON-LesMills GRIT Kylie 5:30P-BodyPump Kev	6:00A- LesMills Sprint Virtual 9:00A- LesMills RPM Virtual 5:30P-HIIT Blast Cycle30 Amy	9:00A-Water Fitness Kenna 10:15A-Silver Sneakers Splash KB/KaylaM 5:30P-Aqua Athletes Jennifer	9:00A-Yoga Basics (all levels) Julia 4:30P-LesMills BodyBalance Virtual 5:30P-Iyengar Yoga (all levels) Jerri	5:15A-Morning Mashup30 Jess 8:30A-LesMills Tone Ang NOON-BodyPump Virtual 2:00P-Senior Fitness Rudy 4:30P-BodyCombat Virtual 5:30P-LesMills Tone Hal'n'Jan'Mal 6:30P-LesMills Dance Virtual
<b>TUE</b>	5:30A-BodyPump Lora/Hal NOON-BodyPump Erin	9:30A-HIIT Blast Cycle45 Kylie 12:02P-LesMills Sprint Mal 5:30P-Power Ride30 Kristi	9:00A-Water Fitness Kenna 10:15A-Silver Sneakers Splash Julia 5:30P-Aqua Athletes Kev	8:30A-Iyengar Yoga *90mins* (all levels) Jerri 10:30A-Yoga Foundations *75mins* Julie 4:30P-LesMills 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
<b>WED</b>	9:30A-BodyPump Ang 10:45A-Silver Sneakers Erin NOON-LesMills GRIT Kev 5:30P-BodyPump Kev	8:30A- LesMills Sprint Virtual 9:00A- LesMills RPM Virtual NOON-Power Ride30 12:35P-Yoga30 Jerri 5:30P-SPINERGY Haleigh	9:00A-Water Fitness Julia 10:15A-Silver Sneakers KB 5:30P-Aqua Athletes Jennifer	12:35P-Yoga30 (all levels) Jerri 4:30P-LesMillsBodyBalance Virtual 5:30P-Iyengar Yoga *75mins* (all levels) Jerri	5:15A-BodyCombat M&Ms 8:30A-LesMills Tone Mal NOON-BodyPump Virtual 2:00P-Senior Fitness Rudy 4:30P-BodyCombat Virtual 6:30P-LesMills Dance Virtual
<b>THU</b>	5:30A-BodyPump Michelle 9:30A- Step Aerobics Ang/Mal NOON-BodyPump Mal+Erin	9:30A-SPINOVATION Deb NOON-HIIT BlastCycle30 Kylie 5:30P-HIIT Blast Cycle30 Amy	9:00A-Water Fitness Amy 10:15A-Silver Sneakers Splash Julia/Kenna 5:30P-Aqua Athletes Jennifer	8:30A-Iyengar Yoga *90mins* (all levels) Jerri 4:30P-LesMills BodyBalance Virtual	9:30A-Balletone Ang/Jess 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>	9:30A-BodyPump Ang 10:45A-Silver Sneakers Amy NOON-LesMills GRIT Sarah	9:00A-LesMills RPM Virtual NOON-Power Ride30 12:35P-Yoga30 Jerri	9:00A-Water Fitness Amy 10:15A-Silver Sneakers Splash Erin	9:00A-Yoga Basics (all levels) Julia 10:30A-Chair Stretch Deb 12:35P-Yoga30 (all levels) Jerri	5:15A-Morning Mashup45 Jess 8:30A- Pilates Kenna NOON-BodyPump Virtual 2:00P-Line Dancing Gloria 4:30P-LesMills Core Virtual
<b>SAT</b>	10:00A-BodyPump Mal/Michelle	9:00A-Power Ride45 Kristi	9:00A-Water Fitness Tom	9:00A-Iyengar Yoga *90mins* (all levels) Jerri	9:00A-LesMills Tone Janet NOON-BodyPump Virtual 3:00P-BodyCombat Virtual
<b>SUN</b>	4:00P-BodyPump Ang	2:00P-LesMills RPM Virtual 4:00P-LesMills Sprint Virtual		3:00P- LesMills BodyBalance Virtual 5:00P-Easy Evening Yoga Jerri	1:00P-BodyPump Virtual 3:00P-BodyCombat Mal 5:00P-LesMills Dance Virtual

In case of bad weather, classes will follow SAISD cancellations and delays.

**Club Hours:**

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

**Nursery Hours:**

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

**SHANNON HEALTH CLUB**  
 325-747-2582  
[www.shannonhealth.com/shannon-health-club/](http://www.shannonhealth.com/shannon-health-club/)  
 "Raising the bar on fitness!"

## GROUP EXERCISE STUDIOS:

**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.

**Circuit Training:** Start your morning off strong with this upbeat and challenging mix of cardio and strength!

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

**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!

**Mat Pilates:** A low-impact exercise class that uses a mat and resistance bands to strengthen and lengthen muscles, improve posture, and develop core strength.

**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.

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.

LES MILLS  
**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.

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