



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

NOV3-JAN18

	GROUP X STUDIO (Downstairs)	CYCLE STUDIO	POOL	YOGA	GROUP X STUDIO (UPSTAIRS)
MON	8:30A- LesMills Tone Angela 9:30A- BodyPump Mal 10:45A- SilverSneakers Deb Noon- LesMills GRIT Mal 5:30P- BodyPump Kevin	Noon- PowerRide30 Jerri 5:30P- HIIT BlastCycle30 Michelle	9:00A- Water Fitness Kenna 10:00A- SilverSneakers Splash KaylaM 5:30P- Aqua Athletes Jennifer	9:00A- Yoga Basics Julia (all levels) 10:30A- Chair Stretch Jess 12:35P- Core&Stretch Jerri 5:30P- Power From Within Jerri	2:00P- Senior Fitness Gloria/Rudy
TUE	5:30A- BodyPump Haleigh 9:30A- Step&Abs Angela Noon- BodyPump Erin	9:30A- HIIT Blast Cycle Kenna 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) 5:30P- Beginner's Yoga Ely	2:00P- Fall Prevention Rotating 5:30P- BodyCombat Michelle
WED	8:30A- LesMills Tone Mal 9:30A- BodyPump Angela 10:45A- SilverSneakers KM Noon- Power Circuit Kev+Mal 5:30P- BodyPump Kevin	5:30P- HIIT BlastCycle30 Haleigh	9:00A- Water Fitness Julia 10:00A- SilverSneakers Splash KaylaB	9:00A- Yoga Basics Dave (all levels) 5:30P- Power From Within Jerri	5:15AM- Barre Jess/Jan 2:00P- Senior Fitness Gloria
THU	5:30A- BodyPump Lora 9:30A- Step&Abs Angela Noon- BodyPump Mal	9:30A- Beginner's Cycle Deb Noon- LesMills Sprint Kenna 5:30P- HIIT BlastCycle30 Andrea	9:00A- Water Fitness KaylaB 10:00A- SilverSneakers Splash Julia/Kenna 5:30P- Aqua Athletes Jennifer	8:30A- Iyengar Yoga Jerri *90 mins* (all levels)	10:30A- Line Dancing Gloria/Rudy 2:00P- Fall Prevention Rotating 5:30P- BodyCombat Mal
FRI	9:30A- BodyPump Angela 10:45A- SilverSneakers Angela Noon- LesMills GRIT Sarah	Noon- PowerRide30 Jerri	9:00A- Water Fitness Kenna 10:00A- SilverSneakers Splash Mal/Paige	9:00A- Yoga Basics Julia (all levels) 10:30A- Chair Stretch Deb 12:35P- Core&Stretch Jerri	5:15A- HIIT45 Jess 2:00P- Line Dancing Gloria
SAT	9:00A- Hip Hop Step Aerobics Andrea 10:00A- BodyPump Michelle	9:00A- PowerRide45 Kristi	9:00A- Water Fitness Tom	9:00A- Iyengar Yoga Jerri *90 mins* (all levels)	
SUN	4:00P- BodyPump Angela			5:00P- Easy Evening Yoga Jerri	3:00P- BodyCombat Yvonne

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.
- HIP HOP STEP:** (45min) Step up and feel the beat! This energetic class uses hip-hop music to boost your cardio, tone your muscles, and keep you moving with great vibes.
- POWER CIRCUIT:** (45min) High energy strength and cardio intervals designed to build power, endurance, and community.
- 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.

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.
- CORE&STRETCH:** (30min) A focused class to strengthen your core, improve mobility, and release tension. This class is the perfect pair with Cycle30 or GRIT!
- 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.
- POWER FROM WITHIN:** (75min) Build strength, stability, and confidence through alignment-based movements. Discover your power from within as you move with intention and mindfulness.
- YOGA BASICS:** (45min) 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) A dynamic, low-impact workout designed to sculpt, tone, and lengthen your body with precision and grace.
- 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.

