



# 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

### APR21-JUNE8

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

# 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.

## Cycle Studio:

- 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.
- BALLETONE:** (45min) No dance experience required! This class will leave everyone feeling graceful, strong, and elegant with a fusion of NONSTOP cardio that blends technique from ballet, pilates, and fitness.
- BARRE:** (45min) A low-impact workout, focusing on strengthening and toning muscles through small, controlled movements.
- 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!
- CIRCUIT TRAINING:** (45min) A dynamic, full-body workout where you rotate through a series of exercises with minimal rest in between, targeting different muscle groups and improving both strength and 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!
- PILATES TABATA:** Your favorite core and glute workout in interval form. In this class, you can strengthen and lengthen muscles, improve flexibility, and enhance posture.
- SENIOR FITNESS:** (60min) This low-impact class is designed to prevent injury, while also increasing muscle strength and energy levels.
- TONE:** (45min) Work efficiently and improve the quality of movement with this fun, inclusive class while you cross-train through cardio, strength, and core.

