



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

