



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

MAR2-MAY17

	GROUP X STUDIO (Downstairs)	CYCLE STUDIO	POOL	YOGA	GROUP X STUDIO (UPSTAIRS)
MON	5:15A-Strength Circuit Mal 8:30A- LesMills Tone Ang 9:30A- BodyPump Mal 10:45A- SilverSneakers Deb Noon- LesMills GRIT Kylie 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- Iyengar Yoga Jerri *75mins* (all levels)	2:00P- Senior Fitness Rudy
TUE	5:15A-BodyPump Mal 9:30A- Step&Abs Ang Noon- BodyPump Erin	9:30A- HIIT Blast Cycle Kenna 12:02P- SPINERGY Mal 5:30P- PowerRide30 Kristi	9:00A- Water Fitness KaylaM 10:00A- SilverSneakers Splash Julia 2:00P- Water Circuit KB/Mal 5:30P- Aqua Athletes Kevin	8:30A- Iyengar Yoga Jerri *90 mins* (all levels) 10:30A- Yoga Foundations Julie *75 mins* (all levels)	2:00P- Balance&Stability Rotating 5:30P- BodyCombat Michelle
WED	5:15A- Shapes Janet/KM 8:30A- LesMills Tone Mal 9:30A- BodyPump Angela 10:45A- SilverSneakers Angela Noon- Shapes Kevin/Mal 5:30P- BodyPump Kevin	5:30P- HIIT BlastCycle30 Michelle	9:00A- Water Fitness Julia 10:00A- SilverSneakers Splash KB	9:00A- Yoga Basics Dave (all levels) 5:30P- Iyengar Yoga Jerri *75mins* (all levels)	2:00P- Senior Fitness Rudy
THU	5:15A- BodyPump Lora 9:30A- Step&Abs Angela 10:00A-Run Club! Karah Noon- BodyPump Mal 5:30P- BodyCombat Mal	9:30A- Beginner's Cycle Deb Noon- LesMills Sprint Kenna	9:00A- Water Fitness KB 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 2:00P- Balance&Stability Rotating
FRI	5:15A- HIIT45 Jessica 8:30A- Shapes KaylaB/Ang 9:30A- BodyPump Angela 10:45A- SilverSneakers Mal Noon- LesMills GRIT Sarah	Noon- PowerRide30 Jerri	9:00A- Water Fitness Kenna 10:00A- SilverSneakers Splash Paige	9:00A- Yoga Basics Julia (all levels) 10:30A- Chair Stretch Deb 12:35P- Core&Stretch Jerri	2:00P- Line Dancing Gloria
SAT	9:00A- Shapes Janet 10:00A- BodyPump Michelle	9:00A- PowerRide45 Kristi	9:00A- Water Fitness Tom	9:00A- Iyengar Yoga Jerri *90 mins* (all levels)	
SUN	3:03P-Indoor/Outdoor Karah 4:00P- BodyPump Michelle			5:00P- Easy Evening Yoga Jerri	

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.
- INDOOR/OUTDOOR:** (45min) A dynamic workout that blends strength and cardio—using the studio and fresh air to create an energizing, full-body training experience.
- RUN CLUB!:** (45-60min) Build endurance, speed, and community through intervals, paced efforts, and supportive team energy for every level.
- SHAPES:** (45min) A full-body, strength-based workout that combines elements of Pilates, barre, and power yoga.
- 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.
- 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 CIRCUIT:** (45min) A fun, low-impact water circuit that builds strength, cardio, endurance, and confidence—this class keeps everyone moving and motivated.
- 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:** (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.
- 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.