



# 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**

**JAN26-MAR1**

	GROUP X STUDIO (Downstairs)	CYCLE STUDIO	POOL	YOGA	GROUP X STUDIO (UPSTAIRS)
<b>MON</b>	<b>5:15A-Shapes</b> Mal 8:30A- <b>LesMills Tone</b> Ang 9:30A- <b>BodyPump</b> Mal 10:45A- <b>SilverSneakers</b> Deb  <b>Noon- Power Circuit</b> Karah/Mal 5:30P- <b>BodyPump</b> Kevin	Noon- <b>PowerRide30</b> Jerri  5:30P- <b>HIIT BlastCycle30</b> Michelle	9:00A- <b>Water Fitness</b> Kenna 10:00A- <b>SilverSneakers Splash</b> KaylaM  5:30P- <b>Aqua Athletes</b> Jennifer	9:00A- <b>Yoga Basics</b> Julia (all levels) 10:30A- <b>Chair Stretch</b> Jess 12:35P- <b>Core&amp;Stretch</b> Jerri <b>5:30P-Iyengar Yoga</b> Jerri *75mins* (all levels)	2:00P- <b>Senior Fitness</b> Rudy
<b>TUE</b>	5:30A- <b>BodyPump</b> Mal 9:30A- <b>Step&amp;Abs</b> Ang  Noon- <b>BodyPump</b> Erin	9:30A- <b>HIIT Blast Cycle</b> Kenna 12:02P- <b>SPINERGY</b> Mal  5:30P- <b>PowerRide30</b> Kristi	9:00A- <b>Water Fitness</b> KaylaM 10:00A- <b>SilverSneakers Splash</b> Julia <b>2:00P- Water Circuit</b> KB/Mal 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) 5:30P- <b>Beginner's Yoga</b> Ely	2:00P- <b>Balance&amp;Stability</b> Rotating 5:30P- <b>BodyCombat</b> Michelle
<b>WED</b>	<b>5:15A-Shapes</b> Janet/KM 8:30A- <b>LesMills Tone</b> Mal 9:30A- <b>BodyPump</b> Angela 10:45A- <b>SilverSneakers</b> Angela <b>Noon-Shapes</b> Kevin/Mal 5:30P- <b>BodyPump</b> Kevin	5:30P- <b>SPINERGY</b> Mal	9:00A- <b>Water Fitness</b> Julia 10:00A- <b>SilverSneakers Splash</b> KB	9:00A- <b>Yoga Basics</b> Dave (all levels) <b>5:30P-Iyengar Yoga</b> Jerri *75mins* (all levels)	2:00P- <b>Senior Fitness</b> Rudy
<b>THU</b>	5:30A- <b>BodyPump</b> Lora  9:30A- <b>Step&amp;Abs</b> Angela Noon- <b>BodyPump</b> Mal 5:30P- <b>BodyCombat</b> Mal	9:30A- <b>Beginner's Cycle</b> Deb  Noon- <b>LesMills Sprint</b> Kenna 5:30P- <b>HIIT BlastCycle30</b> Andrea	9:00A- <b>Water Fitness</b> KB 10:00A- <b>SilverSneakers Splash</b> Julia/Kenna  5:30P- <b>Aqua Athletes</b> Jennifer	8:30A- <b>Iyengar Yoga</b> Jerri *90 mins* (all levels)	10:30A- <b>Line Dancing</b> Gloria  2:00P- <b>Balance&amp;Stability</b> Rotating
<b>FRI</b>	5:15A- <b>HIIT45</b> Jessica 8:30A- <b>Shapes</b> KaylaB/Ang 9:30A- <b>BodyPump</b> Angela 10:45A- <b>SilverSneakers</b> Mal Noon- <b>LesMills GRIT</b> Sarah	Noon- <b>PowerRide30</b> Jerri	9:00A- <b>Water Fitness</b> Kenna 10:00A- <b>SilverSneakers Splash</b> Paige	9:00A- <b>Yoga Basics</b> Julia (all levels) 10:30A- <b>Chair Stretch</b> Deb 12:35P- <b>Core&amp;Stretch</b> Jerri	2:00P- <b>Line Dancing</b> Gloria
<b>SAT</b>	10:00A- <b>BodyPump</b> 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>9:00A-BodyCombat</b> Yvonne
<b>SUN</b>	<b>2:30P-Indoor/Outdoor</b> Rotating 4:00P- <b>BodyPump</b> Angela			5:00P- <b>Easy Evening Yoga</b> 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.
- BODYPUMP:** (30min) A high-intensity class designed to push strength, stamina, and grit—fast transitions, heavy effort, and nonstop energy in a results-driven workout.
- 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.