Shannon Health Club

GROUP EXERCISE SCHEDULE

NOV 2-JAN 16

Club Hours:
Mon-Thur: 5:00a-10:30p
Fri: 5:00a-8:00p
Sat: 8:00a-7:00p
Sun: 12:00p-7:00p

	GROUP X STUDIO (Downstairs)	CYCLE STUDIO	POOL	YOGA	GROUP X STUDIO (UPSTAIRS)
MON	9:30A-**BodyPump HEAVY** Miranda 10:45A-**SilverSneakers** Deb Noon- **LesMills GRIT** Kylie 5:30P-**BodyPump HEAVY** Kev	5:15A-**SPINERGY** Kenna Noon-**PowerRide30** Jerri 5:30P- **HIIT BlastCycle30** Debbie	9:00A- **Water Fitness** KaylaH 10:00A- **SilverSneakers Splash** KaylaM 5:30P-**Aqua Athletes** Jennifer	9:00A-**Yoga Basics** Julia (all levels) 12:35P- **Core&Stretch** Jerri 5:30P-**Iyengar Yoga** Jerri *75mins* (all levels)	2:00P-**Senior Fitness** Rudy/Mal
TUE	5:15A-**BodyPump HEAVY** Mal 9:30A-**Step&Abs** Ang Noon-**BodyPump** Erin	9:30A- **HIIT Blast Cycle** Mal 12:02P- **SPINERGY** Mal 5:30P-**PowerRide30** Kristi	9:00A- **Water Fitness** KaylaM 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** Yvonne
WED	5:15A-**Shapes** Janet/Mal 9:30A- **BodyPump** Ang/Miranda 10:45A-**SilverSneakers** Angela Noon-**Shapes** Kevin/Mal 5:30P- **BodyPump** Kevin		9:00A- **Water Fitness** Julia 10:00A- **SilverSneakers Splash** KaylaB	9:00A-**Yoga Basics** Dave (all levels) 5:30P-**Iyengar Yoga** Jerri *75mins* (all levels)	2:00P-**Senior Fitness** Rudy/KB
THU	5:15A- **BodyPump** Lora 9:30A-**LesMills Tone** Ang Noon-**BodyPump HEAVY** Miranda 5:30P-**BodyCombat** Mal	9:30A-**Beginner's Cycle** Deb Noon-H**IIT Blast Cycle** Mal	9:00A- **Water Fitness** KaylaB 10:00A- **SilverSneakers Splash** Julia/Mal 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** KaylaH 10:00A- **SilverSneakers Splash** Sarah	9:00A-**Yoga Basics** Julia (all levels) 10:30A-**Chair Stretch** Deb 12:35P- **Core&Stretch** Jerri	2:00P-**Line Dancing** Gloria
SAT	10:00A-**BodyPump** Michelle	9:00A-**PowerRide45** Kristi	9:00A- **Water Fitness** Tom	9:00A-**Iyengar Yoga** Jerri *90 mins* (all levels)	
SUN	3:00P-**BodyCombat** Michelle 4:00P-**BodyPump** Michelle			5:00P-**Easy Evening Yoga** Jerri	

www.shannonhealth.com/shannon-health-club/

325-747-2582

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.

-HIIT: (45min) Combines bursts of exercises with recovery periods to maximize output and improve cardiovascular fitness.

-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: (30min) 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!

-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:

-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!

-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.