



# 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

**NOV11-JAN12**

	<b>GROUP X STUDIO (Downstairs)</b>	<b>CYCLE STUDIO</b>	<b>POOL</b>	<b>YOGA</b>	<b>GROUP X STUDIO (UPSTAIRS)</b>
<b>MON</b>	9:30A- <b>BodyPump</b> Erin 10:45A- <b>SilverSneakers</b> Deb Noon- <b>LesMills GRIT</b> Kylie 5:30P- <b>BodyPump</b> Kevin	<b>9:00A- 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> KB/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)	5:15A- <b>Morning Mashup30</b> Jess 8:30A- <b>LesMills Tone</b> Ang <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> Julia 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> Ang 10:45A- <b>SilverSneakers</b> Erin Noon- <b>LesMills GRIT</b> Kevin  5:30P- <b>BodyPump</b> Kevin	<b>8:30A-LesMills Sprint</b> <i>Virtual</i> <b>9:00A- LesMills RPM</b> <i>Virtual</i> <b>Noon- LesMills Sprint</b> <i>Virtual</i>  5:30P- <b>SPINERGY</b> Haleigh	9:00A- <b>Water Fitness</b> Julia 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)	<b>5:15A-BodyCombat</b> <i>Virtual</i> 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> Ang/Mal  Noon- <b>BodyPump</b> Mal	9:30A- <b>SPINOVAATION</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> Julia/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> Ang/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> Ang 10:45A- <b>SilverSneakers</b> Amy Noon- <b>LesMills GRIT</b> Sarah	<b>9:00A- 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>Morning Mashup45</b> Jess 8:30A- <b>Pilates</b> Kenna <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)	9:00A- <b>LesMills Tone</b> Janet <b>Noon-BodyPump</b> <i>Virtual</i> <b>3:00P-BodyCombat</b> <i>Virtual</i>
<b>SUN</b>	4:00P- <b>BodyPump</b> Ang	<b>2:00P- LesMills RPM</b> <i>Virtual</i> <b>4:00P- LesMills Sprint</b> <i>Virtual</i>		<b>3:00P-BodyBalance</b> <i>Virtual</i> 5:00P- <b>Easy Evening Yoga</b> Jerri	<b>1:00P-BodyPump</b> <i>Virtual</i> 3:00P- <b>BodyCombat</b> Mal



# Class Descriptions

## GROUP EXERCISE STUDIOS:

Balletone: (45min) No dance experience required! This class will leave everyone feeling graceful, strong, and elegant with a fusion of NONSTOP cardio and strength that blends technique from ballet, pilates, and fitness.

Balance & Stability: (45min) This class will help improve coordination, posture, and overall strength while also helping to prevent injuries and protect the joints.

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!

Mat Pilates: (45min) A low-impact exercise class that uses a mat and resistance bands to strengthen and lengthen muscles, improve posture, and develop core strength.

Morning Mashup: (30/45min) A high intensity interval class using a large variety of styles and equipment.

Senior Fitness: (60min) This low impact class is designed to prevent injury while also increasing muscle strength and energy levels.

SILVER SNEAKERS: (45min) This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skills.

Step&Abs: (60mins) A cardio bench workout with FUN choreography and lots of leg work with the bonus of and incredible core workout.

## LES MILLS CLASSES:

BODYCOMBAT: (60min) Punch and kick your way to fitness with this high-energy, non-contact martial arts workout. You will release stress, have a blast, and feel like a champion.

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.

SPRINT: (30min) High-intensity interval training on a bike. The thrill and motivation comes from pushing your physical and mental limits.

TONE: (45min) Work efficiently and improve the quality of movement with this fun, inclusive class while you cross-train through cardio, strength, and core.

## YOGA STUDIO:

Yoga Basics: (60min) Learn and practice basic yoga poses suitable for most people. Strength, flexibility, and toning are some of the 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.

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.

Easy Evening Yoga: (60min) Learn how to develop more comfort and freedom in the hips, shoulders, and chest.

Beginner's Yoga: (60min) Through a series of basic yoga poses, you will leave this class feeling rejuvenated, stronger, and more connected to yourself.

## POOL:

Aqua Athletes: (45min) This athletic-style exercise class focuses on improving cardio endurance and muscular strength with the added benefit of water resistance all 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.

## CYCLE STUDIO:

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!

SPINOVATION: (45min) Spin+motivation+innovation=SPINOVATION! An upbeat ride for all levels!