



SHANNON HEALTH CLUB JAN 10 – MAR 20



ACTIVE AGERS SCHEDULE

MONDAY			TUESDAY			WEDNESDAY		
9:00AM	WATER FITNESS 45	POOL	9:00AM	WATER FITNESS 45	POOL	9:00AM	WATER FITNESS 45	POOL
9:00AM	YOGA BASICS (ALL LEVELS)	YOGA STUDIO	10:15AM	SilverSneakers SPLASH SM	POOL	9:30AM	YOGA FOUNDATIONS	YOGA STUDIO
10:30AM	TAI CHI	YOGA STUDIO				10:30AM	TAI CHI	RACQUETBALL COURT
						11:30AM	ADVANCED TAI CHI	
						10:45AM	SilverSneakers BOOM SM	GROUP X STUDIO
10:45AM	SilverSneakers BOOM SM	GROUP X STUDIO				10:45AM	CHAIR STRETCH (ALL LEVELS)	YOGA STUDIO
2:00PM	SENIOR FITNESS	GROUP X STUDIO	2:00PM	SilverSneakers CLASSIC SM	GROUP X STUDIO	2:00PM	SENIOR FITNESS	GROUP X STUDIO
THURSDAY			FRIDAY			SATURDAY		
9:00AM	WATER FITNESS 45	POOL	9:00AM	YOGA BASICS (ALL LEVELS)	YOGA STUDIO			
10:15AM	SilverSneakers SPLASH SM	POOL	9:00AM	WATER FITNESS 45	POOL	9:00AM	WATER FITNESS 45	POOL
2:00PM	SilverSneakers CLASSIC SM	GROUP X STUDIO	10:45AM	SilverSneakers BOOM SM	GROUP X STUDIO			



SHANNON
HEALTH CLUB

In case of bad weather,
classes will follow SAISD
cancellations and delays.



JOIN OUR
FACEBOOK GROUP!
**Shannon Health
Club GroupX Fitness**

CLUB HOURS:

MON – THURS: 5:00-10:30P
FRI: 5:00A – 8:00P
SAT: 8:00A – 7:00P
SUN: 12:00P – 7:00P

325-947-2582

Sanangelohealthclub.com

NURSERY HOURS:

MON – FRI
8:00A-1:15P
4:00P-7:30P
SAT: 8:00A – NOON
SUN: 3:00P – 6:15P

*Under-performing classes
subject to cancellation.

PLEASE SIGN UP AT THE FRONT DESK FOR THE FOLLOWING CLASSES:

ALL YOGA AND TAI CHI CLASSES

SILVER SNEAKERS BOOM (Monday & Friday @ 10:45am)

SENIOR FITNESS (Monday and Wednesday @ 2:00pm)



GROUP FITNESS CLASS DESCRIPTIONS

GROUP X STUDIO

Silver Sneakers® **BOOM**

All levels (45 min) 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.

Senior Fitness

All levels (60 min)

This low impact class is designed to prevent injury while also increasing muscle strength and energy levels.

Silver Sneakers® **CLASSIC**

All levels (45 min) This program focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

YOGA STUDIO

Yoga Basics

All levels (60 min)

We will learn and practice basic yoga poses suitable for most people. Strength, flexibility and toning are some of the benefits!

Yoga Foundations

(60 min) Moderate level class incorporating strength, flexibility, muscle activation movements and breathing to improve your body's awareness, self-care, and knowledge of basic yoga poses.

Chair Stretch

All levels (60 min) This class is designed for members with limited mobility or healing from injury while mindfully increasing range of motion with the use of chairs.

Tai Chi

All levels (60 min) Whether you want mental, emotional and/or spiritual enhancement, this low impact exercise will keep you fit!

***ADVANCED CLASSES
ARE OFFERED***

POOL

Water Fitness

All levels (45 min)

A non-impact, exhilarating workout to help burn calories and tone muscles!

SilverSneakers® **SPLASH**

All levels (45min)

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance.