



# SHANNON HEALTH CLUB MARCH 21 – JUNE 5

## ACTIVE AGERS SCHEDULE



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



SHANNON  
HEALTH CLUB

**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](http://Sanangelohealthclub.com)

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



JOIN OUR  
 FACEBOOK GROUP!  
 Shannon Health  
 Club GroupX Fitness

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)

**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.

# 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.

## 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 & BEGINNER 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.