



SHANNON HEALTH CLUB AUG 22 – NOV 13



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®	POOL	10:15AM	SilverSneakers SPLASH®	POOL
10:30AM	TAI	YOGA STUDIO	10:30AM	YOGA FOUNDATIONS	YOGA STUDIO	10:30AM	TAI	RACQUETBALL COURT # 6
10:45AM	SilverSneakers BOOM®	GROUP X STUDIO				10:45AM	SilverSneakers BOOM®	GROUP X STUDIO
2:00PM	SENIOR FITNESS	GROUP X STUDIO	2:00PM	SilverSneakers BOOM®	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®	POOL	9:00AM	WATER FITNESS 45	POOL	9:00AM	WATER FITNESS 45	POOL
2:00PM	24 FORM TAI CHI	YOGA STUDIO	10:45AM	SilverSneakers BOOM®	GROUP X STUDIO			

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



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



JOIN OUR
FACEBOOK GROUP!
Shannon Health
Club GroupX Fitness

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.

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

24 Form Tai Chi

Quan

Beginner Level : This simplified version of Taiji is composed of twenty-four unique movements.

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.