



SHANNON HEALTH CLUB JAN 1 – MAR 19

# 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	Silver Sneakers SPLASH®		10:15AM	Silver Sneakers SPLASH®	POOL
10:15AM	Silver Sneakers SPLASH®	POOL	10:30AM	YOGA FOUNDATIONS	YOGA STUDIO	10:30AM	TAI CHI	YOGA STUDIO
10:30AM	TAI CHI ADVANCED TAI CHI	YOGA STUDIO				11:30AM	ADVANCED TAI CHI	YOGA STUDIO
10:45AM	Silver Sneakers BOOM®	GROUP X STUDIO				10:45AM	Silver Sneakers BOOM®	GROUP X STUDIO
2:00PM	SENIOR FITNESS	GROUP X STUDIO	2:00PM	Silver Sneakers BOOM®	GROUP X STUDIO	2:00PM	SENIOR FITNESS	GROUP X STUDIO
THURSDAY			FRIDAY			SATURDAY		
9:00AM	WATER FITNESS 45	POOL	9:00AM	WATER FITNESS 45	POOL			
10:15AM	Silver Sneakers SPLASH®	POOL	9:00AM	YOGA BASICS (ALL LEVELS)	YOGA STUDIO			
			10:45AM	Silver Sneakers BOOM®	GROUP X STUDIO			
2:00PM	24 FORM TAI CHI	YOGA STUDIO	2:00PM	SENIOR FITNESS	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

325-747-2582

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

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

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**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 DESCRIPTION

## 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 CLASSES  
ARE OFFERED\*\*\*

### **24 Form Tai Chi**

#### **Quan**

This simplified Yang Style version of Tai Chi is soft, slow, gentle, and consists of 175 artistic 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.