



SHANNON HEALTH CLUB AUG 21 – NOV 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®		10:15AM	SilverSneakers SPLASH®	POOL
10:15AM	SilverSneakers 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	XING-YI CHUAN	YOGA STUDIO
10:45AM	SilverSneakers BOOM®	GROUP X STUDIO				10:45AM	SilverSneakers BOOM®	GROUP X STUDIO
2:00PM	SENIOR FITNESS	GROUP X STUDIO	2:00PM	BALANCE & STABILITY	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	SilverSneakers SPLASH®	POOL	9:00AM	YOGA BASICS (ALL LEVELS)	YOGA STUDIO			
10:30AM	24 FORM TAI CHI	YOGA STUDIO	10:45AM	SilverSneakers BOOM®	GROUP X STUDIO			
2:00PM	BALANCE & STABILITY	GROUP X 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

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

***UNDER-PERFORMING CLASSES SUBJECT TO CANCELLATI

Nursery Hours:

MON – FRI

8:00A-1:15P

4:00P-7:30P

SAT: 8:00A – NOON

SUN: 3:00P – 6:15P





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.

Balance & Stability

All levels (45 min)

Low in impact, this class will help improve coordination, posture, and overall strength while also helping to prevent injuries and protect the joints.

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.

XING-YI CHUAN

The martial art that truly connects mind and body is one of the Internal Energy Three Sisters: Tai Chi Chuan, Xing Yi Chuan and Bagua Zhang.

**Please contact Terri @ 325-656-0284.
Own staff needed.**

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.