

SHANNON HEALTH CLUB



ACTIVE AGERS SCHEDULE

APR 29-JUNE 16

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	9:30AM	YOGA BASICS (ALL LEVELS)	YOGA STUDIO
10:15AM	SilverSneakers SPLASH®	POOL	10:30AM	Yoga Foundations	YOGA STUDIO	10:15AM	SilverSneakers SPLASH®	POOL
10:45AM	SilverSneakers BOOM®	DOWNSTAIRS STUDIO	10:45AM	SilverSneakers BOOM®	DOWNSTAIRS STUDIO	10:45AM	SilverSneakers BOOM®	DOWNSTAIRS STUDIO
2:00PM	SENIOR FITNESS	UPSTAIRS STUDIO	2:00PM	BALANCE & STABILITY	UPSTAIRS STUDIO	2:00PM	SENIOR FITNESS	UPSTAIRS STUDIO
THURSDAY			FRIDAY			SATURDAY		
9:00AM	WATER FITNESS 45	POOL	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	BEGINNER'S LINE DANCING	UPSTAIRS STUDIO	10:15AM	SilverSneakers SPLASH®	POOL			
2:00PM	BALANCE & STABILITY	UPSTAIRS STUDIO	10:30AM	CHAIR STRETCH	YOGA STUDIO			
			10:45AM	SilverSneakers BOOM®	DOWNSTAIRS STUDIO			
			2:00PM	BEGINNER'S LINE DANCING	UPSTAIRS STUDIO			