











SHANNON HEALTH CLUB

ACTIVE AGERS SCHEDULE

NOV 20-JAN 7



| 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 |  SPLASH® | | 10:15AM |  SPLASH® | POOL |
| 10:15AM |  SPLASH® | POOL | 10:30AM | YOGA FOUNDATIONS | YOGA STUDIO | 10:30AM | TAI CHI | YOGA STUDIO |
| 10:30AM | TAI CHI 24 FORM | YOGA STUDIO | | | | 11:30AM | ADVANCED (TAI CHI) | YOGA STUDIO |
| 10:45AM |  BOOM® | GROUP X STUDIO | | | | 10:45AM |  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 | 9:00AM | WATER FITNESS 45 | POOL |
| 10:15AM |  SPLASH® | POOL | 9:00AM | YOGA BASICS (ALL LEVELS) | YOGA STUDIO | | | |
| | | | 10:15AM |  SPLASH® | POOL | | | |
| 10:30AM | ADVANCED STAFF TAI CHI | YOGA STUDIO | 10:30AM | CHAIR STRETCH (ALL LEVELS) | YOGA STUDIO | | | |
| | | | 10:45AM |  BOOM® | GROUP X STUDIO | | | |
| 2:00PM | BALANCE & STABILITY | GROUP X STUDIO | 2:00PM | SENIOR FITNESS | GROUP X STUDIO | | | |

Club Hours:

MON – THURS: 5:00A-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 CANCELLATION.

Nursery Hours:

MON – FRI

8:00A-1:15P

4:00P-7:30P

SAT: 8:00A – NOON

SUN: 3:00P – 6:15P



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.

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

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

CHAIR STRETCH

All levels (45 min)

Enjoy a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

POOL

WATER FITNESS

All levels (45 min)

A non-impact, exhilarating workout to help burn calories and tone muscles!

SILVER SNEAKERS® SPLASH

All levels (45min)

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance.