









SHANNON HEALTH CLUB



ACTIVE AGERS SCHEDULE

NOV11-JAN12

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	YOGA STUDIO	10:15AM	 SPLASH®	POOL			
10:15AM	 SPLASH®	POOL	10:30AM	Yoga Foundations	YOGA STUDIO	10:15AM	 SPLASH®	POOL
10:45AM	 BOOM®	DOWNSTAIRS STUDIO				10:45AM	 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
10:15A	 SPLASH®	POOL	9:00AM	YOGA BASICS	YOGA STUDIO			
10:30AM	BEGINNER'S LINE DANCING	UPSTAIRS STUDIO	10:15AM	 SPLASH®	POOL			
2:00PM	Balance & Stability	UPSTAIRS STUDIO	10:30AM	CHAIR STRETCH	YOGA STUDIO			
			10:45AM	 BOOM®	DOWNSTAIRS STUDIO			
			2:00PM	BEGINNER'S LINE DANCING	UPSTAIRS STUDIO			