

# SHANNON HEALTH CLUB



## ACTIVE AGERS SCHEDULE JUNE 17-SEPT 8

MONDAY			TUESDAY			WEDNESDAY		
9:00AM	<b>WATER FITNESS 45</b>	<b>POOL</b>	9:00AM	<b>WATER FITNESS 45</b>	<b>POOL</b>	9:00AM	<b>WATER FITNESS 45</b>	<b>POOL</b>
9:00AM	<b>YOGA BASICS (ALL LEVELS)</b>	<b>YOGA STUDIO</b>	10:15AM	<b>SilverSneakers SPLASH®</b>	<b>POOL</b>	9:30AM	<b>YOGA BASICS (ALL LEVELS)</b>	<b>YOGA STUDIO</b>
10:15AM	<b>SilverSneakers SPLASH®</b>	<b>POOL</b>	10:30AM	<b>Yoga Foundations</b>	<b>YOGA STUDIO</b>	10:15AM	<b>SilverSneakers SPLASH®</b>	<b>POOL</b>
10:45AM	<b>SilverSneakers BOOM®</b>	<b>DOWNSTAIRS STUDIO</b>	10:45AM	<b>SilverSneakers BOOM®</b>	<b>DOWNSTAIRS STUDIO</b>	10:45AM	<b>SilverSneakers BOOM®</b>	<b>DOWNSTAIRS STUDIO</b>
2:00PM	<b>SENIOR FITNESS</b>	<b>UPSTAIRS STUDIO</b>	2:00PM	<b>Fall Prevention</b>	<b>UPSTAIRS STUDIO</b>	2:00PM	<b>SENIOR FITNESS</b>	<b>UPSTAIRS STUDIO</b>
THURSDAY			FRIDAY			SATURDAY		
9:00AM	<b>WATER FITNESS 45</b>	<b>POOL</b>	9:00AM	<b>WATER FITNESS 45</b>	<b>POOL</b>	9:00AM	<b>WATER FITNESS 45</b>	<b>POOL</b>
10:15AM	<b>SilverSneakers SPLASH®</b>	<b>POOL</b>	9:00AM	<b>YOGA BASICS (ALL LEVELS)</b>	<b>YOGA STUDIO</b>			
10:30AM	<b>BEGINNER'S LINE DANCING</b>	<b>UPSTAIRS STUDIO</b>	10:15AM	<b>SilverSneakers SPLASH®</b>	<b>POOL</b>			
2:00PM	<b>Fall Prevention</b>	<b>UPSTAIRS STUDIO</b>	10:30AM	<b>CHAIR STRETCH</b>	<b>YOGA STUDIO</b>			
			10:45AM	<b>SilverSneakers BOOM®</b>	<b>DOWNSTAIRS STUDIO</b>			
			2:00PM	<b>BEGINNER'S LINE DANCING</b>	<b>UPSTAIRS STUDIO</b>			



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# GROUP FITNESS CLASS DESCRIPTIONS

## GROUP X STUDIO

## YOGA STUDIO

## POOL

### **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.

### **Fall Prevention**

#### **Program**

*All levels (45 min)*

This class will help improve coordination, posture, awareness, and overall strength while also helping to prevent injuries due to falls.

### **Line Dancing**

Exercise the mind AND body!

This class teaches basic dance steps, giving you a low impact but high fun workout!

### **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.

### **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.

### **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.