



# Plymouth Creek Athletic Club Class Descriptions



## H.I.I.T. High Intensity Interval Training\*

Increase aerobic capacity, strength and endurance. High Intensity interval training (HIIT) Intervals using bands/weights/balls and low/hi impact cardio moves.

## Step/Core\*

Aerobic based step activity including the use of weights, bands and bars. Concludes with with floor/core work.

## Step-Abs\*

A fun class to improve your aerobic endurance. The step is used for most of the class. The choreography will challenge you both physically & mentally.

## Bosu/Core\*

Aerobic based format incorporating the use of the bosu to stimulate core muscles.



designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## Active Adult 1

A senior focused fitness class aimed at improving both cardio and strength. The use of bands & balls with the assistance of a chair are included in this fun fitness class. All members are welcome.

## Active Adult 2

An advanced senior focused fitness class aimed at improving both cardio and strength. The use of bands & balls WITHOUT the assistance of a chair are included in this fun fitness class. All members are welcome.

## Chair YOGA\*

Beginning yoga with the utilization of the chair for assistance. Focused breathing is emphasized in this class

## Cardio/Strength Circuit\*

Intervals of cardio and strength training performed in a combination of athletic drills and high/low impact moves. The class ends with abdominal strength training & stretching.



An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party

## Yoga \$

Vinyasa yoga style class using modern exercise science to provide a

## Tai Chi

Reduce stress through the ancient Chinese martial described as "meditation in motion".

## Water Aerobics\*

A combination of aqua aerobics & strength training with aquatic equipment. Opportunity to socialize while you workout! Beginner to Intermediate levels welcome.

## TBC - Total Body Conditioning

Total Body Conditioning: Cross-training at its best: a challenging, total body workout, focusing on core stabilization, muscle control and cardiovascular fitness.

## Mat Yoga \$

Focused breathing and strength building as you learn basic yoga poses. This mind-body workout will reduce stress, improve flexibility and balance. Please bring your own mat, if you have one. Some extras are available.

## Baile Class \$\$

Have a great time learning the Latin rhythms of the moment. Salsa, Bachata, Cumbia, and more! With this class you will be able to do the basic steps of each rhythm in an easy and fun format. Beginner level class. No equipment needed, just bring good energy!



Silver&Fit® Experience is for moderately active older adults who exercise in some way one or two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, muscular strength, cardiovascular endurance, agility, and reaction-time.

## Boot Camp 1\*\*

This "beginning" bootcamp is the lightest intensity Boot Camp at PCAC. Body weight exercises and movements designed to condition all the body's systems; improve your balance or learn the "perfect" push up. Class is open to all fitness levels.

## Boot Camp 2\*\*

The moderate intensity Boot Camp at PCAC combines body weight exercises and movements designed to challenge all the body's systems, balance, durability and coordination. Class is open to most (fitness experience levels 1.5+yrs)

## Boot Camp 3\*\*

This high intensity Boot Camp at PCAC is the most challenging class we offer. This low-to-no impact/high intensity class combines all the exercises and movements from Boot Camp #1 & #2 and steps it up a notch. Class is open to experienced levels of fitness. (fitness experience levels 2.5+yrs)

## Flow Yoga \$

Smooth, energizing yoga stretch movements moving slowly from one yoga pose to the next.

## Yoga-Restorative \$

Clear the clutter and gain clarity, flexibility and sense of well being. Class is moderate level and includes the use of a mat.

## Boxing Basics \$

Based on the fundamentals of the sport of boxing, this class effectively combines traditional boxing techniques, strength training, aerobics and cardiovascular development.

## Impact Combat Fitness \$

A low-impact, high-energy, self-defense fitness workout with a focus on toning, weight loss, balance and coordination. This is a realistic, energetic class strongly influenced by several martial arts.

