



Plymouth Creek Athletic Club Class Schedule



UPDATED 12/01/2015

	Monday		Tuesday		Wednesday		Thursday		Friday					
	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool				
6a	6:00-7:00a H.I.I.T.* Aleen	Open Swim		Open Swim	6:00-7:00a Cardio/Strength* Aleen	Open Swim		Open Swim	6:00-7:00a Step-Abs* Aleen	Open Swim				
7a														
8a														
9a	8:30-10:00a Step/Core* Cyndy	9:00-10:00a Water Aerobics Kathy		9:00-10:00a Water Aerobics Kathy	8:15-9:15a Cardio Circuit* Denise	9:30-10:30a Water Aerobics Denise	8:00-8:45a \$ Aleen	8:50-9:50a Mat Yoga \$ Aleen	8:30-9:30a Bosu/Core* Cyndy	9:00-10:00a Water Aerobics Kathy				
10a				9:15-10:15a Tai-Chi* Dan					9:00-10:00a Water Aerobics Kathy	9:30-10:30a Flow Yoga \$ Cyndy	9:00-10:00a Water Aerobics Kathy			
	10:15-11:00a Active Adult 1 Penny	10:00-11:00a Water Aerobics Kathy	10:15-11:00a Active Adult 2 Mary Jo	10:00-11:00a Water Aerobics Kathy		9:30-10:30a Water Aerobics Denise	10:15-11:00a Active Adult 2 Aleen	10:00-11:00a Water Aerobics Kathy	10:00-11:00a Water Aerobics Kathy	10:00-11:00a Water Aerobics Kathy				
11a	11:10-11:55a Active Adult 2 Penny	Open Swim	11:00-11:45p SilverSneakers Classic Mary Jo	Open Swim	10:30-11:15a Active Adult 1 Brenda	Open Swim	11:00-11:45a SilverSneakers Classic Aleen	Open Swim	10:35-11:20a Active Adult 2 Cyndy	Open Swim				
12n							11:30-12:15p SILVER&FIT EXPERIENCE Brenda				12:00-12:45p Cardio/Strength* Aleen		11:25-12:10p Chair Yoga Cyndy	
	12:15-1:00p Boot Camp 2** Ken						12:00p Boot Camp 3**						12:15-1:00p Boot Camp 1* Ken	
5p		Open Swim	1:05-1:50p SILVER&FIT EXPERIENCE Mary Jo	Open Swim		Open Swim		Open Swim						
6p	5:30-6:30p Yoga \$ Aleen	5:30-6:30p Water Aerobics* Denise	5:30-6:30p Power Toning* Denise	5:30-6:30p Water Aerobics* Kathy	5:15-6:15p Total Body Condition Brenda	5:30-6:30p Water Aerobics* Kathy		5:30-6:30p Water Aerobics* Kathy		Open Swim				
7p	\$ Aleen	Open Swim	6:35-7:35p Impact Combat Fitness \$\$	Open Swim	6:30-8:00p Boxing Basics \$ Marat/Igor	Open Swim		Open Swim		Open Swim				
8p	7:30-9:00p Shotokan Karate** Kevin										7:30-9:00p Shotokan Karate** Kevin			

Class Notes:

\$8 Guest Fee for non-hotel guests. Guest/Hotel Guest court rental fee is \$5/per person. Volleyball court (side court) rental \$10/hr

* All levels are welcome ** Intermediate to Advance Classes; participation requires approval by Class Instructor.

\$ Fees range from \$8/class or \$36/six classes for members; \$10/class or \$48/six classes for non-members; \$\$ See Fitness Desk for class fees

All NON-Silver Sneakers Members will be required to pay a class fee to attend Silver Sneakers labeled classes.

Management reserves the right to cancel or re-schedule any regular scheduled class that does not have (6) or more participants on a regular basis.

Saturday	Sunday
10:00-11:30a Shotokan Karate** Kevin	9:30a-11:00a Yoga-Restorative \$ Cyndy
1:00-2:30p Boxing \$\$ Marat/Igor	