



Plymouth Creek Athletic Club Class Schedule



UPDATED 6/1/2017

	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	8:30-9:15a SILVER&FIT EXPERIENCE Tina*	9:00-10:00a Water Aerobics* Kathy	8:15-9:15a Cardio Circuit* Jan	Open Swim***	8:00-8:45a ZUMBA FINEST \$ Aleen	8:50-9:50a Mat Yoga \$ Aleen	9:00-10:00a Water Aerobics* Kathy	8:30-9:30a Bosu/Core* Cyndy		
10a				9:20-10:20a Tai-Chi* Dan						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* Jan	10:00-11:00a Water Aerobics* Kathy				10:15-11:00a Active Adult 2* Aleen	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***	11:10-11:45a SilverSneakers FITNESS Circuit* Jan	Open Swim***	10:30-11:15a Active Adult 1* Jan		11:00-11:45a SilverSneakers FITNESS Circuit* Aleen	Open Swim***	10:35-11:20a Active Adult 2* Tina	Open Swim***		
12n						11:30-12:15p SILVER&FIT EXPERIENCE Jan*			12:00-12:45p Cardio/Strength* Aleen			11:25-12:10p Chair Yoga* Denise
	12:15-1:00pm Boot Camp 2** Ken					12:00pm Boot Camp 3**						12:15-1:00pm Boot Camp 1* Ken
5p		Open Swim***		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* Tina	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 Impact Combat Fitness \$\$	5:30-6:30p Water Aerobics* Kathy		Open Swim***		
7p	6:35-7:20p ZUMBA FINEST \$ Aleen	Open Swim***		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	
									Saturday	Sunday		
									10:00-11:30a Shotokan Karate** Kevin	9:30a-11:00a Yoga-Restorative \$ Cyndy		
									1:00-2:30p Boxing \$\$ Marat/Igor			

Class Notes:

\$10 Guest Fee for non-hotel guests. \$5 Guest Fee for hotel guests. ***Private/Group Swim Lessons may occur during *Open Swim*

* 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.