



# Plymouth Creek Athletic Club Class Schedule



UPDATED 11/30/2016

	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		8:00-8:45a ZUMBA \$ 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			10:15-11:00a Active Adult 2 Aleen	10:00-11:00a Water Aerobics Kathy		10:00-11:00a Water Aerobics Kathy		
11a		Open Swim	11:00-11:45p SilverSneakers Classic Mary Jo	Open Swim	10:30-11:15a Active Adult 1 Jan		11:00-11:45a SilverSneakers Classic Aleen	Open Swim	10:35-11:20a Active Adult 2 Mary Jo	Open Swim		
12n							11:30am-12:15pm SILVER&FIT EXPERIENCE Jan				12:00-12:45p Cardio/Strength* Aleen	
	12:15-1:00p Boot Camp 2** Ken				12:00p Boot Camp 3**				12:15-1:00p Boot Camp 1* Ken			
5p		Open Swim	1:00-1:45p SILVER&FIT EXPERIENCE Mary Jo	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	6:00-6:45p Kids Ballroom Dance \$\$ Zhanna	5:30-6:30p Water Aerobics* Kathy		Open Swim		
7p	6:35-7:20p ZUMBA \$ 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:

\$10 Guest Fee for non-hotel guests. 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.

1:00-2:30p Boxing \$\$ Marat/Igor
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Saturday	Sunday
9:00-9:50a Kids Ballroom Dance \$\$ Zhanna	9:30a-11:00a Yoga-Restorative \$ Cyndy
10:00-11:30a Shotokan Karate** Kevin	