



Plymouth Creek Athletic Club GX Schedule Fall 2018



UPDATED 7/1/2018

Monday		Tuesday		Wednesday		Thursday		Friday	
6:00am H.I.I.T. Jan				6:00am Cardio/Strength Aleen				6:00am Instructor Choice Aleen	
8:30am Step/Core Cyndy	9:00am Water Aerobics* Kathy	8:30am Jan SILVER&FIT EXPERIENCE	9:00am Water Aerobics* Kathy	8:15am Cardio Circuit Jan		8:00am \$ Aleen ZUMBA FIBRE	9:00am Water Aerobics* Kathy	8:25am Bosu/Core Cyndy	9:00am Water Aerobics* Kathy
	10:00am Water Aerobics* Kathy		10:00am Water Aerobics* Kathy	9:20am Tai-Chi Dan		9:30am Water Aerobics Jan	9:00am Hatha Yoga Aleen \$	10:00am Water Aerobics* Kathy	9:30am Flow Yoga \$ Cyndy
10:15am Active Adult 1 Jan		10:15am Active Adult 2 Jan		10:30am Active Adult 1 Jan		10:15am Active Adult 2 Aleen		10:35am Active Adult 2 Tina	
11:10am Active Adult 2 Jan		11:10am Jan SilverSneakers FITNESS		11:30am Jan SILVER&FIT EXPERIENCE		11:00am Aleen SilverSneakers FITNESS		11:25am Gentle Yoga Denise	
						4:45pm Impact Combat Fitness Mitzi \$\$			
								Saturday	Sunday
5:30pm Hatha Yoga \$Aleen	5:30pm Water Aerobics* Denise	5:30pm Power Toning Tina	5:30pm Water Aerobics* Kathy	5:15pm TBC Brenda	5:30pm Water Aerobics* Kathy		5:30pm Water Aerobics* Kathy		9:30am Restorative Yoga \$ Cyndy
6:30pm \$ Aleen ZUMBA FIBRE				6:30pm Boxing Basics Marat/Igor \$\$				9:30am Shotokan Karate Kevin \$\$	
7:30pm Shotokan Karate Kevin \$\$							7:30pm Shotokan Karate Kevin \$\$		
							1:00pm Boxing Basics Marat/Igor \$\$		



Please be aware that private and group swimming lessons may also be during the open swim time.
If you would like a lane roped off for lap swimming, we are happy to do so.

\$12 Guest Fee for non-hotel guests. \$5 Guest Fee for hotel guests.

\$ 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

Classes may be cancelled due to low participation or inclement weather.