



# 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 <b>SILVER&amp;FIT</b> EXPERIENCE Tina*	9:00-10:00a Water Aerobics* Kathy	8:15-9:15a Cardio Circuit* Jan	Open Swim	8:50-9:50a Mat Yoga \$ Aleen	9:00-10:00a Water Aerobics* Kathy	8:30-9:30a Bosu/Core* Cyndy	9:00-10:00a Water Aerobics* Kathy		
10a				9:20-10:20a Tai-Chi* Dan					9:30-10:30a Flow Yoga \$ Cyndy			
	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		Open Swim	11:10-11:45a <b>SilverSneakers</b> FITNESS Circuit* Jan	Open Swim	10:30-11:15a Active Adult 1* Jan		11:00-11:45a <b>SilverSneakers</b> FITNESS Circuit* Aleen	Open Swim	10:35-11:20a Active Adult 2* Tina	Open Swim		
12n							11:30-12:15p <b>SILVER&amp;FIT</b> EXPERIENCE Jan*				12:00-12:45p Cardio/Strength* Aleen	
	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		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 <b>ZUMBA</b> 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	
									<b>Saturday</b>	<b>Sunday</b>		
									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. 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.