



# Plymouth Creek Athletic Club Class Schedule



UPDATED 9/15/2017

	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 Instructor Choice* 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***	8:00-8:45a <b>ZUMBA</b> FINEST \$ Aleen	8:50-9:50a Mat Yoga \$ Aleen	9:00-10:00a Water Aerobics* Kathy	8:25-9:25a Bosu/Core* Cyndy	9:00-10:00a Water Aerobics* Kathy			
10a	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	9:20-10:20a Tai-Chi* Dan		10:15-11:00a Active Adult 2* Aleen	10:00-11:00a Water Aerobics* Kathy	9:30-10:30a Flow Yoga \$ Cyndy	10:00-11:00a Water Aerobics* Kathy				
11a	11:10-11:55a Active Adult 2* Penny	Open Swim***	11:10-11:55a <b>SILVER&amp;FIT</b> EXPERIENCE Circuit* Jan	Open Swim***	10:30-11:15a Active Adult 1* Jan		11:00-11:45a <b>SILVER&amp;FIT</b> EXPERIENCE Circuit* Aleen	Open Swim***	11:25-12:10p Chair Yoga* Denise	10:35-11:20a Active Adult 2* Tina	Open Swim***			
12n	12:15-1:00pm Boot Camp 2** Ken					11:30-12:15p <b>SILVER&amp;FIT</b> EXPERIENCE Jan*	12:00-12:45p Cardio/Strength* Aleen		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***			
8p	7:30-9:00p Shotokan Karate** Kevin						7:30-9:00p Shotokan Karate** Kevin							

### 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.

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