



# Plymouth Creek Athletic Club GX Schedule Fall 2018



Effective 11/6/18

Monday		Tuesday		Wednesday		Thursday		Friday	
6:00am <b>TBC</b> Tina				6:00am <b>Cardio Circuit</b> Aleen				6:00am <b>Instructor Choice</b> Aleen	
8:30am <b>Step/Core</b> Cyndy	9:00am <b>Water Aerobics</b> Kathy	8:30am Jan <b>SILVER&amp;FIT<sup>®</sup></b> EXPERIENCE	9:00am <b>Water Aerobics</b> Kathy	8:15am <b>Step &amp; Tone</b> Jan		8:00am Aleen <b>ZUMBA gold</b>	9:00am <b>Water Aerobics</b> Kathy	8:25am <b>Bosu/Core</b> Cyndy	9:00am <b>Water Aerobics*</b> Kathy
	10:00am <b>Water Aerobics</b> Kathy		10:00am <b>Water Aerobics</b> Kathy	9:20am <b>Tai-Chi</b> Dan	9:30am <b>Water Aerobics</b> Jan	9:00am <b>Hatha Yoga</b> Aleen	10:00am <b>Water Aerobics</b> Kathy	9:30am <b>Flow Yoga</b> Cyndy	10:00am <b>Water Aerobics*</b> Kathy
10:15am <b>Active Adult 1</b> Jan		10:15am <b>Active Adult 2</b> Jan		10:30am <b>Active Adult 1</b> Jan		10:15am <b>Cardio/Strength</b> Aleen		10:35am <b>Active Adult 2</b> Tina	
11:10am <b>Retro Low</b> Jan		11:10am Jan <b>SILVERWAYS</b> <b>SilverSneakers</b> FITNESS		11:30am Jan <b>SILVER&amp;FIT<sup>®</sup></b> EXPERIENCE		11:00am Aleen <b>SILVERWAYS</b> <b>SilverSneakers</b> FITNESS		11:25am <b>Gentle Yoga</b> Denise	
12:15pm <b>Holy Yoga Flow</b> Eryn		<b>TBA</b>		12:15pm Cheryl <b>PIYO</b> FITNESS		<b>TBA</b>		12:15pm Cheryl <b>STRONG</b> BY ZUMBA	
		4:30pm Cheryl <b>PIYO</b> FITNESS		4:45pm <b>AB BLAST</b> Tina C.		4:30pm <b>Power Yoga</b> Tina C.			
5:30pm <b>Hatha Yoga</b> Aleen	5:30pm <b>Water Aerobics</b> Jan	5:30pm Cheryl <b>ZUMBA</b> toning <b>ZUMBA</b>	5:30pm <b>Water Aerobics</b> Kathy	5:15pm <b>TBC</b> Brenda	5:30pm <b>Water Aerobics</b> Kathy	5:30pm Amanda <b>STRONG</b> BY ZUMBA	5:30pm <b>Water Aerobics</b> Kathy		
6:30pm Aleen <b>ZUMBA</b>				6:30pm <b>Boxing Basics</b> Marat/Igor <b>\$\$</b>		6:30pm <b>Bhangra Dance</b> Fitness Gurinder <b>\$\$</b>			
7:30pm <b>Shotokan Karate</b> Kevin						7:30pm <b>Shotokan Karate</b> Kevin			
								<b>Saturday</b>	<b>Sunday</b>
									9:30am <b>Restorative Yoga</b> Cyndy
								9:30am <b>Shotokan Karate</b> Kevin	
									3:30pm <b>Impact Combat</b> Fitness Mitzi <b>\$\$</b>
								1:00pm <b>Boxing Basics</b> Marat/Igor <b>\$\$</b>	4:30pm <b>Bhangra</b> <b>Dance Fitness</b> Gurinder <b>\$\$</b>



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.

**NEW CLASSES!!!!**

**EXTERNAL PROGRAMMING!**

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

Class Passes available for non-members 10 classes/\$80

**\$\$ External Programming!** See Front Desk for information.

**NOTE:** Classes may be cancelled due to low attendance or inclement weather



# Plymouth Creek Athletic Club Class Descriptions



Silver&Fit® Experience is for moderately active older adults who exercise in some way one or two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, muscular strength, cardiovascular endurance, agility, and reaction-time.



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## Active Adult 1

A senior focused fitness class aimed at improving both cardio and strength. The use of bands & balls with the assistance of a chair are included in this fun fitness class. All members are welcome.

## Active Adult 2

An advanced senior focused fitness class aimed at improving both cardio and strength. The use of bands & balls **WITHOUT** the assistance of a chair are included in this fun fitness class. All members are welcome.

## Water Aerobics\*

A combination of aqua aerobics & strength training with aquatic equipment. Opportunity to socialize while you workout! Beginner to Intermediate levels welcome.

## Tai Chi

Reduce stress through the ancient Chinese martial described as "meditation in motion".

## Retro Low

Low Impact aerobics that will raise your heart rate while being easy on your joints. Various equipment used.

## AB BLAST

Take your core workout to the next level. 40 minutes of total ab and back strengthening moves that will leave you with a stronger core.

## TBC - Total Body Conditioning

Total Body Conditioning: Cross-training at its best: a challenging, total body workout, focusing on core stabilization, muscle control and cardiovascular fitness.



An exhilarating, effective, Latin-inspired, calorie-burning dance fitness-party! Be prepared to move and sweat!



Slower paced dance fitness class focused on toning and shaping the body. Light weights are used.



Zumba Gold is for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.



STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it

## TBC - Total Body Conditioning

Total Body Conditioning: Cross-training at its best: a challenging, total body workout, focusing on core stabilization, muscle control and cardiovascular fitness.



Combines the muscle-sculpting, core strengthening benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll perform a series of high-intensity, low-impact moves that will work every single muscle for a long, lean, and incredibly defined physique. No weights

## H. I. I. T.

High Intensity Interval Training!! is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

## Cardio Circuit

Combination of high-intensity aerobics and resistance training designed to be easy to follow, give you a great workout, and target fat loss, muscle building, and heart-lung fitness.

## Cardio/Strength

The variety of cardio and compound strength exercises will engage all your muscles, including your core and stabilizer muscles for an effective total body workout.

## Step & Tone

Get the best of 2 worlds,,,cardio fitness with a bit of step and then tone up with muscle focused movements.

## Tabata

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes, 20 seconds rest period and complete 8 rounds.

## Boot Camp Fitness

Combines body weight exercises and movements designed to challenge all the body's systems, balance, endurance and coordination.

## Restorative Yoga

Clear the clutter and gain clarity, flexibility and sense of well being. Class is moderate level and includes the use of a mat.

## Power Yoga

An intense workout that will make you sweat. A traditional practice follows the same series of poses and makes you hold each for five breaths before moving through a Vinyasa. Power Yoga classes move to a faster rhythm.

## Hatha Yoga

The practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

## Gentle Yoga

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Just like a regular yoga practice, this will increase flexibility, strength and body awareness

## Holy Flow Yoga

Holy Yoga is a Christ-Centered class that incorporates breath, movement, prayer, inspirational music and scripture. Flow is an introspective vinyasa practice linking breath to movement.

## Boxing Basics \$\$

Based on the fundamentals of the sport of boxing, this class effectively combines traditional boxing techniques, strength training, aerobics and cardiovascular development.

## Impact Combat Fitness \$\$

A low-impact, high-energy, self-defense fitness workout with a focus on toning, weight loss, balance and coordination. This is a realistic, energetic class strongly influenced by several martial arts.

## Bhangra Dance Fitness \$\$

Bhangra is a dance of grace in which dancers shake their shoulders, move their arms and legs, hop on their toes, and with chest pop up on the beat of dhol (drum) or Punjabi music.

