




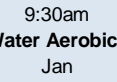


















Plymouth Creek Athletic Club GX Schedule Fall 2018

 **Effective 9/10/2018**

Monday		Tuesday		Wednesday		Thursday		Friday	
6:00am TBC Tina				6:00am Cardio Circuit 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 Step & Tone Jan		8:00am Aleen ZUMBA gold	9:00am Water Aerobics Kathy	8:25am Bosu/Core Cyndy	9:00am Water Aerobics* Kathy
	10:00am Water Aerobics Kathy	9:15am Cheryl ZUMBA	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 Cardio/Strength Aleen		10:35am Active Adult 2 Tina	
11:10am Retro Low Jan		11:10am Jan SilverSneakers FITNESS		11:30am Jan SILVER&FIT[®] EXPERIENCE		11:00am Aleen SilverSneakers FITNESS		11:00am Aleen SilverSneakers FITNESS	
12:15pm Holy Yoga Flow Eryn 		12:15pm Boot Camp Fitness Jan		12:15pm Cheryl PIYO FITNESS		12:15pm Tabata Jan		12:15pm Cheryl STRONG by ZUMBA	
		4:30pm Cheryl PIYO FITNESS		4:30pm Cardio Beatz Tina C.		4:30pm Power Yoga Tina C. 		Saturday	
5:30pm Hatha Yoga Aleen 	5:30pm Water Aerobics Jan	5:30pm Cheryl ZUMBA toning	5:30pm Water Aerobics Kathy	5:15pm TBC Brenda	5:30pm Water Aerobics Kathy	5:30pm Amanda STRONG by ZUMBA	5:30pm Water Aerobics Kathy	Sunday	
6:30pm Aleen ZUMBA				6:30pm Boxing Basics Marat/Igor \$\$		6:30pm Bhangra Dance Fitness Gurinder \$\$		9:30am Shotokan Karate Kevin	9:30am Restorative Yoga Cyndy 
7:30pm Shotokan Karate Kevin									
						7:30pm Shotokan Karate Kevin		1:00pm Boxing Basics Marat/Igor \$\$	4:45pm Impact Combat Fitness Mitzi \$\$



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

