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 Effective 4/1/19

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	9:30am Water Aerobics Jan	8:00am Aleen ZUMBA gold	9:00am Water Aerobics Kathy	8:25am Bosu/Core Cyndy	9:00am Water Aerobics Kathy
10:15am Active Adult 1 Jan	10:00am Water Aerobics Kathy	10:15am Active Adult 2 Jan	10:00am Water Aerobics Kathy	9:20am Tai-Chi Dan 	10:15am Cardio/Strength Aleen	8:50am Hatha Yoga Aleen 	10:00am Water Aerobics Kathy	9:30am Flow Yoga Cyndy 	10:00am Water Aerobics Kathy
11:10am Retro Low Jan		11:10am Jan 		10:30am Active Adult 1 Jan	11:00am Aleen 	11:15am Holy Yoga Flow Eryn 		10:35am Active Adult 2 Jan	
12:15pm Holy Yoga Flow Eryn 		12:15pm TBC Cat		11:30am Jan SILVER&FIT EXPERIENCE	12:15pm Cheryl PIYO			11:25am Gentle Yoga Denise 	
								Saturday	Sunday
5:30pm Hatha Yoga Aleen 	5:30pm Water Aerobics Jan	5:30pm Water Aerobics Kathy	5:30pm Water Aerobics Kathy	5:15pm TBC Brenda	5:30pm Water Aerobics Kathy	5:30pm Water Aerobics Kathy	5:30pm Water Aerobics Kathy	7:30am Washinryu Karate Tom	9:30am Restorative Yoga Cyndy 
6:35pm Aleen ZUMBA		6:30pm Impact Combat Fitness Mitzi \$\$		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 \$\$	4:30pm & 5:30pm Bhangra Dance Fitness Gurinder \$\$



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.

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

EXTERNAL PROGRAMMING!



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



P90X LIVE is total-body strength and cardio conditioning that helps you blast fat and build lean muscle fast. It's tough—but your instructor can show you how to modify any move, and the group motivation will help you push past your plateaus.

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.

Barre Fusion

Challenging combined strength with pilates and barre ballet type moves that will make your legs shake while toning your muscles. Literally a full body workout...no cardio involved.

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.

