



Plymouth Creek Athletic Club GX Schedule Winter 2020



Effective 2/1/2020

Monday		Tuesday		Wednesday		Thursday		Friday	
				6:00am Cardio Circuit Aleen				6:00am Instructor Choice Aleen	
8:30am Step/Core Cyndy (90 minutes)	9:00am Water Aerobics Kathy	8:30am Active Adult 2 Jan	9:00am Water Aerobics Kathy	8:00am Strength Circuit Jan	9:00am Water Aerobics Jan	8:00am Aleen 	9:00am Water Aerobics Kathy	8:30am Bosu Balance Cyndy	9:00am Water Aerobics Kathy
	10:00am Water Aerobics Kathy		10:00am Water Aerobics Kathy	9:15am Tai-Chi Dan		8:45am Hatha Yoga Aleen	10:00am Water Aerobics Kathy	9:30am Hatha Yoga Jan	10:00am Water Aerobics Kathy
10:15am Jan SILVER&FIT:: EXPERIENCE		10:00am Cardio/Strength Jan		10:15am Jan SILVER&FIT:: EXPERIENCE		10:00am Cardio/Strength Aleen		10:30am Active Adult 2 Jan	
11:00am Active Adult 1 Jan		11:00am Jan 		11:15am Gentle Yooga Denise		11:00am Aleen 		11:30am Gentle Yoga Jan	
12:15pm Holy Yoga Flow Eryn		12:15pm TBC Cat		12:15pm Cheryl 		12:15pm Eryn 			
								Saturday	Sunday
								7:30am Washinryu Karate Tom	9:30am Restorative Yoga Jan
5:30pm Hatha Yoga Aleen	5:30pm Water Aerobics Jan		5:30pm Water Aerobics Kathy	5:30pm Amanda 	5:30pm Water Aerobics Kathy		5:30pm Water Aerobics Kathy		
6:35pm Aleen 				6:30pm Boxing Basics Marat/Igor \$\$				9:30am Shotokan Karate Kevin	
7:30pm Shotokan Karate Kevin								1:00pm Boxing Basics Marat/Igor \$\$	4:00pm & 5:00pm Kids 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".



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



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

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.



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.



Strength Circuit

A combination of light, low-impact cardio mixed with muscle toning light to medium weight strength building.

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.

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

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.



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

Boxing Basics \$\$

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

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.

