



# Plymouth Creek Athletic Club GX Schedule Fall 2019



Effective 9/9/19

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</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	8:50am <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> Jan	
11:10am <b>Retro Low</b> Jan		11:10am Jan <b>SILVER&amp;FIT</b> EXPERIENCE		11:30am Jan		11:00am Aleen <b>SilverSneakers</b> FITNESS		11:25am <b>Gentle Yoga</b> Denise	
12:15pm <b>Holy Yoga Flow</b> Eryn		12:15pm <b>TBC</b> Cat		12:15pm Cheryl <b>PiYO</b>		12:15pm Eryn <b>STRONG</b> ZUMBA			
								<b>Saturday</b>	<b>Sunday</b>
5:30pm <b>Hatha Yoga</b> Aleen	5:30pm <b>Water Aerobics</b> Jan		5:30pm <b>Water Aerobics</b> Kathy	5:30pm Eryn <b>ZUMBA</b>	5:30pm <b>Water Aerobics</b> Kathy	5:30pm Eryn <b>STRONG</b> ZUMBA	5:30pm <b>Water Aerobics</b> Kathy	7:30am <b>Washinryu Karate</b> Tom	9:30am <b>Restorative Yoga</b> Cyndy
6:35pm Aleen <b>ZUMBA</b>		6:30pm <b>Impact Combat</b> <b>Fitness</b> Mitzi		6:30pm <b>Boxing Basics</b> Marat/Igor				9:30am <b>Shotokan Karate</b> Kevin	
7:30pm <b>Shotokan Karate</b> Kevin						7:30pm <b>Shotokan Karate</b> Kevin		1:00pm <b>Boxing Basics</b> Marat/Igor	4:30pm & 5:30pm <b>Bhangra Dance</b> <b>Fitness</b> 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. **\$10 drop in/\$5 member rate** (Paid to instructor)

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

**SPECIAL DROP IN CLASS!**

**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.



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.



## Step & Tone

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

## 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.

## 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.

