Plymouth Creek Athletic Club GX Schedule Fall 2019 Fffective 10/01/19



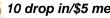
**SPECIAL DROP IN CLASS!** 

**EXTERNAL PROGRAMMING!** 

Mon	iday	Tues	day	Wedne	esday	Thur	sday	Fri	day
6:00am <b>TBC</b> Tina				6:00am <b>Cardio Circuit</b> Aleen				6:00am I <b>nstructor Choice</b> Aleen	
	Open Swim		Open Swim		Open Swim		Open Swim		Swim 75
8:30am <b>Step/Core</b> Cyndy	9:00am <b>Water Aerobics</b>	8:30am Jan SILVER&FIT.**  EXPERIENCE	9:00am Water Aerobics	8:15am <b>Step &amp; Tone</b> Jan		8:00am Aleen <b>2VMBA</b>	9:00am <b>Water Aerobics</b>	8:25am <b>Bosu/Core</b> Jan	9:00am <b>Water Aerobics</b>
Cyridy	Kathy  10:00am  Water Aerobics		10:00am Water Aerobics	9:20am <b>Tai-Chi</b> Dan	9:30am <b>Water Aerobics</b> Jan	8:50am <b>Hatha Yoga</b> Aleen کو کو	Kathy  10:00am  Water Aerobics	9:30am <b>Flow Yoga</b> Jan	Kathy  10:00am  Water Aerobics
10:15am <b>Active Adult 1</b> Jan	Kathy	10:15am <b>Active Adult 2</b> Jan	Kathy	10:30am <b>Active Adult 1</b> Jan		10:15am <b>Cardio/Strength</b> Aleen	Kathy	10:35am <b>Active Adult 2</b> Jan	Kathy
11:10am <b>Retro Low</b> Jan 12:15pm		11:10am Jan SilverSneakers		11:30am Jan SILVER&FIT::: EXPERIENCE 12:15pm		11:00am Aleen SilverSneakers 12:15pm		11:25am <b>Gentle Yoga</b> Denise	Open Swim
Holy Yoga Flow Eryn	Open Swim	<b>TBC</b> Cat	Open Swing	Cheryl PiYO	Open Swim	Eryn  STRONG PRUMBA	Open Swim		
								Saturday 7:30am Washinryu Karate	Sunday 9:30am
5:30pm <b>Hatha Yoga</b> Aleen	5:30pm <b>Water Aerobics</b> Jan	5:30pm <b>TBC</b> Brenda	5:30pm <b>Water Aerobics</b> Kathy	5:30pm Eryn G ZVMBA	5:30pm <b>Water Aerobics</b> Kathy	5:30pm Eryn STRONG	5:30pm <b>Water Aerobics</b> Kathy	Tom	Restorative Yoga Jan
6:35pm Aleen		6:30pm		6:30pm					
ZVMBA	Open Swim	Impact Combat Fitness Mitzi \$\$	Open Guim	Boxing Basics Marat/Igor \$\$	Open Swim		Open Swim	9:30am <b>Shotokan Karate</b> Kevin	
7:30pm Shotokan Karate Kevin	SWM		Svim		Swm	7:30pm Shotokan Karate Kevin	30011/2	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.



**\$ 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



# **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".



Low Impact aerobics that will raise your heart rate while being easy on your joints. Various equioment 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 clairity, 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 regulat voga practice, this will increase flexiblity, strength and body

#### Holy Flow Yoga



Holy Yoga is a Chrsit -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.