



Fitness. Energy. Fun. For *every* body.

Plymouth Creek Athletic Club

Group Fitness Schedule

On Going Schedule as of 7/13/26

Club hours! Monday - Friday 6:00am - 10pm Saturday/Sunday 8am -10pm

GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	Cardio, Strength, Balance 2.0 Cyndy	Chair Strength & Cardio (8:30am-9:15am) Jessica	Boot Camp Fitness Cyndy	Chair Strength & Cardio (8:30am-9:15am) Jessica	Strength & Stretch Yoga Jessica	Grand Boxing 9am-11am	
10:00 AM	Cardio, Strength, Balance 1.0 Theresa	ARTHRITIS & CIRCULATION (9:30am-10:20am) Theresa Rhythm & Cues 2.0 (10:30am-11:05am) Theresa	Tai Chi Dan	AGILITY CIRCUIT (9:30am-10:20am) Theresa Rhythm & Cues 1.0 (10:30am-11:05am) Theresa	Mat Pilates + Functional Strength Jessica		
11:15 AM	Posture Pilates Theresa	Posture Pilates Theresa	Posture Pilates Theresa	Posture Pilates Theresa			
2:00 PM		Yoga For Healing Jessica		Yoga For Healing Jessica			
6:00 PM	Slow Flow & Stretch Jessica	Jessica Studio Reserved (3:30pm-4:30pm)	Grand Boxing 6pm-8pm Vinyasa Flow Jessica (Conference Room G in Hotel)	Slow Flow & Breath Jessica (Ends 7:15pm)			PRIVATE CLASS STUDIO RESERVED 2:00PM-4:00PM
7:15PM	Slow Flow & Stretch Jessica						

AQUA AEROBICS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am		Aqua Aerobics Kathy	Aqua Aerobics Kathy	Aqua Aerobics Kathy	Aqua Aerobics Kathy		
10:15am		Aqua Aerobics Kathy	Aqua Aerobics Kathy	Aqua Aerobics Kathy	Aqua Aerobics Kathy		
5:15pm		Aqua Aerobics Community Lead		Aqua Aerobics Community Lead			

PCAC - Group Fitness Class Descriptions:

Endurance Mat Pilates: This mat Pilates class is intended to strengthen and lengthen the body by using a series of exercises which target and fatigue the core and the limbs. This class is set as a flow, where all the exercises move seamlessly together. Studio equipment may be implemented to enhance the experience. With endurance as a goal, Each exercise is focused on for two minutes- a real endurance routine! Okay for beginners, best if you have some exercise experience.

Cardio, Strength, Balance 2.0: Advanced whole body workout combining strength moves incorporating a variety of cardio exercises. Class requires ability to easily maneuver from standing work to floor work.

Cardio, Strength, Balance 1.0: This class does not require getting up and down from the floor, and no kneeling. It utilizes step boxes, weights, bands, and stability balls.

Yoga For Healing: Physical Therapy Stretching for the entire body. Open to all levels.

Tai Chi: a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. **Tai chi** is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

Mat Pilates: Empower your body with functional strength, light cardio, and mindful stretching. Core focused Pilates, light cardio bursts, and full body stretching to help you feel strong, stable and energized.

Boot Camp Fitness: A variety of intense but low impact exercises designed to improve your cardiovascular endurance. It may be low impact, but it will be effective.

Slow Flow & Stretch: A welcome and much-needed break from the stress and speed of day-to-day life. Grab a mat, don't forget your water bottle, and relax into a soothing sequence. This yoga practice will leave you feeling centered, energized and renewed every Monday.

Vinyasa Flow: This class pushes you to dive deeper into your practice. The focus is on alignment and breath, and a special emphasis on proper technique helps you refine your form. Helps build and maintain strong bones, muscles, and connective tissue to maintain a high metabolism, healthy posture and active and alive body. The physical work of vinyasa flow ensures strength, balance and function to maintain a healthy life. Designed to feel better in the mind and body.

Slow Flow & Breath: Slow down and get connected to the breath, the present moment as we get juicy in the hips and get acquainted to our bodies. Practicing yoga not only enhances your physical body and fitness, but also purifies your energetic body. It does so by gradually unblocking your energy pathways, or Nadis, so that your life-force, or prana, can flow freely with the aim of awakening your latent energy, known as kundalini.

Strength Yoga: A fitness and strength-based yoga that will challenge you while still enjoying the stretching and breathing benefits of traditional yoga

Posture Pilates: A series of exercises which are deliberate, safe yet profound activities to keep or get better posture. Focusing on function in ALL the major and minor muscles that contribute to your posture: the entire spine, the neck, collar bones and shoulder blades as well as ribs, diaphragm, belly, and (of course) the hips! Posture Pilates Class will help you feel lighter, taller and have you breathing deeper!

HIIT Circuit Training: Commonly known as high intensity interval training designed to increase your heart rate for short bursts of time using strength training.

Arthritis and Circulation: In this gentle series of exercises, we begin with focusing on deep diaphragmatic breathing techniques. The next focus is the lymph system where gentle, over the clothes, brushing techniques on the limbs, head and core are incorporated. Activities then evolve into exercises for the joints, intended to stimulate synovial fluid and help increase circulation. A final relaxation is offered to allow all the activities to settle. Please bring hydration!

Rhythm & Cues 1.0 & 2.0: We practice basic rhythms and patterns for body and mind to good music. You are encouraged to wear your best dancing shoes and arrive ready to boogie to whatever your potential is on that day. All activities can be adapted to sitting in a chair as well. The patterns are kept basic with no turning nor quick footwork as the goal and intention is to move with rhythm; all with the intention to keep the body, brain and mind responsive! Let's Dance!

Chair Strength & Cardio: A total body, chair-supported class combining strength, mobility, stretching, and light cardio. Focuses on posture, joint health, balance, and ease of movement in a welcoming, non-competitive environment.

Agility Circuit: This 50- minute class will challenge your body's agility & stamina with 10 stations. Each station is designed to target a specific part of the body and focus on the body's ability to move confidently and quickly as it's important to train your reflexes and responsiveness. Every circuit incorporates balance, coordination, strength and fun! The trainer is there to support you in the each of agility activities and offer modifications when needed. Wear good shoes and be ready to become more agile!