



## **Plymouth Creek Athletic Club Group Fitness Schedule**

**Step & Strength:** 1 hour class that will raise your cardio with Step work paired with sections of both weighted and non-weighted exercises that will help tone and build your muscles.

**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.

**Silver Sneakers:** Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

**Gentle BASS Yoga:** 30 Minute yoga workout where mental meets physical by targeting Balance, Agility, Strength and Stability.

**Silver & Fit:** Focuses on your flexibility, joint stability, balance, coordination, strength and cardio endurance. Varied equipment used.

**Balance & Stretch:** This no to low impact class will challenge your balance with use of different equipment...be prepared to use your core! Added with functional full body stretching to increase blood flow and relieve muscle tension for an overall workout that will MAKE YOUR DAY!

**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

**Senior Yoga:** Yoga for those who need chair support, have limited range of motion, or are unable to go from floor to standing position.