



# Plymouth Creek Athletic Club Group Fitness Schedule Summer 2022

Effective 7/1/2022

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

## GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:30am</b>		Strength Circuit Jan			Tabata Tina		
<b>9:00am</b>	Step & Strength Cyndy		Boot Camp Fitness Cyndy		Strength Yoga Tina	Grand Boxing 9am-11am	
<b>9:45am</b>		Silver Sneakers Jan					
<b>10:00am</b>	Balance & Stretch Cyndy		Tai Chi Dan		Silver & Fit Jan		
<b>10:45am</b>				Gentle BASS Yoga Jan			
<b>5:00pm</b>				Slow Flow & Breath Jessica <i>-In the Hotel-</i>			
<b>6:00pm</b>	Slow Flow & Stretch Jessica <i>-In the Hotel-</i>		Grand Boxing 6pm-8pm Vinyasa Flow Jessica <i>-In the Hotel-</i>				

## AQUA AEROBICS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:00am</b>	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics	Aqua Aerobics		
<b>10:15am</b>	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics	Aqua Aerobics		

\*\*No Lap Swimming allowed during Aqua Aerobics classes.

\*\*All classes are subject to cancellation due to inclement weather and low attendance

\*\*Questions about classes?? Email Ben @ [ben.parks@plymouthcreekathleticclub.com](mailto:ben.parks@plymouthcreekathleticclub.com)



# **Plymouth Creek Athletic Club**

## **Group Fitness Schedule**

### **Summer 2022**

Effective 06/14/2022

**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:** This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. The focus is on **BALANCE, AGILITY, STRESS, and STRETCH!** Chair yoga is especially suitable for older adults, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation.

**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