



Plymouth Creek Athletic Club

Group Fitness Schedule 2023

Effective 12/01/2023

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

GROUP FITNESS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM						ZUMBA Sami	
8:30 AM					Tabata Jan/Cyndy		
9:00 AM	Step & Strength Cyndy	Drums Alive! Jan	Boot Camp Fitness Cyndy		Strength Yoga Jan/Cyndy	Grand Boxing 9am-11am	
10:00 AM	Balance & Stretch Cyndy	Silver Sneakers Jan	Tai Chi Dan	Chair Yoga Jan	Silver & Fit Jan		
11:30 AM						Yoga Jessica	
12:00 PM							ZUMBA Sami
2:00 PM		Yoga For Healing Jessica					
5:00 PM				ZUMBA Sami			
6:00 PM	Slow Flow & Stretch Jessica	ZUMBA Sami	Grand Boxing 6pm-8pm Vinyasa Flow Jessica	Slow Flow & Breath Jessica			

AQUA AEROBICS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics	Aqua Aerobics		
10:15am	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics	Aqua Aerobics		
4:00PM							SUNDAY FUNDAY WATER AEROBICS
5:15pm		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 Steven @ steven.frolov@plymouthcreekathleticclub.com



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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.

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

Zumba: 1 hour dance party meant to get your heart rate up! Cardio, strength, balance, flexibility, boosted mood/energy, and FUN!

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.

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

Skills and Drills: Improve body awareness, and movement, with drills that focus on balance, stability, and agility. A series of skills will be used to assist you when working on body alignment, making everyday activities easier and more comfortable to do.

DRUMS ALIVE: A fusion of drumming and group fitness. There are no complicated movements or intricate choreography just a bit of rhythm, All levels welcome!