



Plymouth Creek Athletic Club Group Fitness Schedule Fall 2022

Effective 9/1/2022

Club hours! Monday - Friday 6:00am - 10pm Saturday - Sunday 8am -10pm Labor Day 8am-4pm

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

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		
5:15pm		Aqua Aerobics Starting 9/12		Aqua Aerobics Starting 9/14			

- *No classes on Labor Day (9/5)
- **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