



MODIFIED GROUP EXERCISE SCHEDULE • BEGINNING AUGUST 3RD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	Sunrise Cycle 45 Steven OUTSIDE		Sunrise Cycle 45 Steven OUTSIDE		Sunrise Cycle 45 Steven OUTSIDE		
6:15 AM		Sunrise Cycle 45 Rachel OUTSIDE		Sunrise Cycle 45 Rachel OUTSIDE			
7:00 AM	Total Fitness Rochelle Studio C	Core (15 Min) Rachel OUTSIDE TaiChi/Qigong Alexander OUTSIDE	Total Fitness Rochelle Studio C	Core (15 Min) Rachel OUTSIDE TaiChi/Qigong Alexander OUTSIDE	Total Fitness Rochelle Studio C		
8:15 AM		Strength & Stability* Cindy—Studio C		Strength & Stability* Cindy—Studio C			
8:20 AM	Gentle Yoga Joe Studio B		Gentle Yoga Joe Studio B		Gentle Yoga Joe Studio B	8:15 AM Yoga Joe OUTSIDE	
8:30 AM	Interval Training (30 Min) Alisha—OUTSIDE	Boot Camp (45 Min) Dayna— OUTSIDE	Interval Training (30 Min) Alisha— OUTSIDE	Boot Camp (45 Min) Dayna— OUTSIDE	Interval Training (30 Min) Alisha— OUTSIDE		
9:30 AM		Group Power Sarah Studio C		Group Power Sarah Studio C			
9:45 AM	Cycle 45 Laura OUTSIDE		Cycle 45 Laura OUTSIDE		Cycle 60 Ashley OUTSIDE		
10:30 AM		Power Pilates Kris Studio B		Power Pilates Kris Studio B		Pilates Brienne Studio B	
10:45 AM	Yoga Joe Studio B		Yoga Joe Studio B		Yoga Kris Studio B		
11:00 AM	Group Centergy Michelle S. Studio C		Group Centergy Michelle S. Studio C				
12:00 PM	Line Dancing (75 min) Robbie—Studio B		Line Dancing (75 min) Elaine—Studio B				
4:00 PM	Strength Alisha Studio C		Strength Alisha Studio C				
4:30 PM		Group Centergy Rebekah OUTSIDE		Group Centergy Rebekah OUTSIDE		NEW CLASSES highlighted in BLUE OUTDOOR CLASSES highlighted in YELLOW	
5:00 PM	Cycle 30 Rachel OUTSIDE		Cycle 30 Rachel OUTSIDE				
5:35 PM	Yoga Kris Studio B	Cycle 45 Ashley OUTSIDE	Yoga Kris Studio B	Cycle 45 Ashley OUTSIDE			

***NEW class name Strength & Stability; formerly Bones and Balance T/Th 8:15 AM**

- All classes are first come-first serve
 - Please arrive early to secure your space in class.
- Members are encouraged to do the following:
 - Bring personal exercise equipment such as stretching/yoga mat, yoga blanket/towel, yoga blocks, and strap
 - Bring a full water bottle
 - Disinfect all club equipment before and after each use

Questions/Comments? Contact Sarah Price, Director of Group Exercise, at GroupFit@timberhillsports.com