



## FALL GROUP EXERCISE SCHEDULE • BEGINNING AUGUST 31<sup>st</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	<b>Sunrise Cycle 45</b> Steven—OUTSIDE <b>Group Power</b> Sarah—Studio C		<b>Sunrise Cycle 45</b> Steven—OUTSIDE <b>Group Power</b> Sarah—Studio C		<b>Sunrise Cycle 45</b> Steven—OUTSIDE		
6:15 AM		<b>Sunrise Cycle 45</b> Rachel—OUTSIDE		<b>Sunrise Cycle 45</b> Rachel—OUTSIDE			
7:00 AM	<b>Total Fitness</b> Rochelle Studio C	<b>Core (15 Min)</b> Rachel—OUTSIDE <b>TaiChi/Qigong</b> Alexander OUTSIDE	<b>Total Fitness</b> Rochelle Studio C	<b>Core (15 Min)</b> Rachel—OUTSIDE <b>TaiChi/Qigong</b> Alexander OUTSIDE	<b>Total Fitness</b> Rochelle Studio C		
8:15 AM	<b>8:20 AM Gentle Yoga</b> Joe—Studio B	<b>Strength &amp; Stability*</b> Cindy—Studio C	<b>8:20 AM Gentle Yoga</b> Joe—Studio B	<b>Strength &amp; Stability*</b> Cindy—Studio C	<b>8:20 AM Gentle Yoga</b> Joe—Studio B	<b>Yoga</b> Joe—OUTSIDE	
8:30 AM	<b>Interval Training (30 Min)</b> Nikki OUTSIDE	<b>Boot Camp (45 Min)</b> Dayna— OUTSIDE	<b>Interval Training (30 Min)</b> Nikki OUTSIDE	<b>Boot Camp (45 Min)</b> Dayna— OUTSIDE	<b>Interval Training (30 Min)</b> Nikki OUTSIDE		
9:15 AM		<b>*NEW* Pilates Core &amp; Align</b> Diana—Studio B		<b>*NEW* Pilates Core &amp; Align</b> Diana—Studio B		<b>Group Centergy</b> Inara—Studio B	
9:30 AM		<b>Group Power</b> Sarah—Studio C	<b>9:35 AM Gentle Pilates</b> Heather—Studio B	<b>Group Power</b> Sarah—Studio C			
9:45 AM	<b>Cycle 45</b> Laura—OUTSIDE <b>Intermediate Step</b> Rochelle Studio C		<b>Cycle 45</b> Laura—OUTSIDE <b>Intermediate Step</b> Rochelle Studio C		<b>Cycle 60</b> Ashley— OUTSIDE <b>Intermediate Step</b> Rochelle Studio C		
10:30 AM		<b>Power Pilates</b> Kris—Studio B		<b>Power Pilates</b> Kris—Studio B		<b>Pilates</b> Brianna—Studio B	
10:45 AM	<b>Yoga</b> Joe—Studio B		<b>Yoga</b> Joe—Studio B		<b>Yoga</b> Kris—Studio B		
11:00 AM	<b>Group Centergy</b> Michelle S. Studio C		<b>Group Centergy</b> Michelle S. Studio C				
11:45 AM		<b>Zumba Gold</b> Robbie—Studio C					
12:00 PM	<b>Line Dancing (75 min)</b> Robbie—Studio B		<b>Line Dancing (75 min)</b> Elaine—Studio B				
4:30 PM		<b>Group Centergy</b> Rebekah OUTSIDE		<b>Group Centergy</b> Rebekah OUTSIDE		<b>NEW CLASSES</b> highlighted in PURPLE  <b>OUTDOOR CLASSES*</b> highlighted in YELLOW <i>*Classes will be held outside until it begins to rain on a regular basis. At that time, classes will be brought back inside to their respective studios.</i>	
5:00 PM	<b>Cycle 30</b> Rachel—OUTSIDE		<b>Cycle 30</b> Rachel—OUTSIDE				
5:30 PM	<b>Yoga</b> Kris—Studio B	<b>Cycle 45</b> Ashley—OUTSIDE	<b>Yoga</b> Kris—Studio B	<b>Cycle 45</b> Ashley—OUTSIDE			
5:45 PM		<b>Zumba</b> Marisa—Studio C		<b>Zumba</b> Marisa—Studio C			
6:45 PM	<b>Power Yoga Pilates</b> Brianna—Studio B		<b>Power Yoga Pilates</b> Brianna—Studio B				

**\*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
  - Disinfect all club equipment before and after each use

**Questions/Comments? Contact Sarah Price, Director of Group Exercise, at [GroupFit@timberhillsports.com](mailto:GroupFit@timberhillsports.com)**

## FALL GROUP EXERCISE SCHEDULE • BEGINNING AUGUST 31<sup>st</sup>

### STUDIO A

Currently all classes in Studio A are outside—weather permitting

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	CYCLE 45		CYCLE 45		CYCLE 45		
6:15 AM		CYCLE 45		CYCLE 45			
7:00 AM		CORE 15 MIN		CORE 15 MIN			
9:45 AM	CYCLE 45		CYCLE 45		CYCLE 60		
5:00 PM	CYCLE 30		CYCLE 30				
5:30 PM		CYCLE 45		CYCLE 45			

### STUDIO B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM						YOGA* <i>*currently outside</i>	
8:20 AM	GENTLE YOGA		GENTLE YOGA		GENTLE YOGA		
9:15 AM		*NEW* PILATES CORE & ALIGN		*NEW* PILATES CORE & ALIGN		GROUP CENTERGY	
9:35 AM			GENTLE PILATES				
10:30 AM		POWER PILATES		POWER PILATES		PILATES	
10:45 AM	YOGA		YOGA		YOGA		
12:00 PM	LINE DANCING 75 MIN		LINE DANCING 75 MIN				
4:30 PM		GROUP CENTERGY* <i>*currently outside</i>		GROUP CENTERGY* <i>*currently outside</i>			
5:30 PM	YOGA		YOGA				
6:45 PM	POWER YOGA PILATES		POWER YOGA PILATES				

### STUDIO C

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	GROUP POWER		GROUP POWER				
7:00 AM	TOTAL FITNESS	TAICHI/QIGONG <i>*currently outside</i>	TOTAL FITNESS	TAICHI/QIGONG <i>*currently outside</i>	TOTAL FITNESS		
8:15 AM		STRENGTH & STABILITY		STRENGTH & STABILITY			
9:30 AM		GROUP POWER		GROUP POWER			
9:45 AM	INTERMEDIATE STEP		INTERMEDIATE STEP		INTERMEDIATE STEP		
11:00 AM	GROUP CENTERGY		GROUP CENTERGY				
11:45 PM		ZUMBA GOLD					
5:45 PM		ZUMBA		ZUMBA			

### SPECIALTY FITNESS

Currently all specialty fitness classes are outside—weather permitting

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	INTERVAL TRAINING GYM* <i>*currently outside</i>	BOOT CAMP GYM* <i>*currently outside</i>	INTERVAL TRAINING GYM* <i>*currently outside</i>	BOOT CAMP GYM* <i>*currently outside</i>	INTERVAL TRAINING GYM* <i>*currently outside</i>