

FALL GROUP EXERCISE SCHEDULE • BEGINNING AUGUST 31st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	Sunrise Cycle 45 Steven—OUTSIDE Group Power Sarah—Studio C	Sunrise Cycle 45 Rachel—OUTSIDE	Sunrise Cycle 45 Steven—OUTSIDE Group Power Sarah—Studio C	Sunrise Cycle 45 Rachel—OUTSIDE	Sunrise Cycle 45 Steven—OUTSIDE		
6:30 AM		Core (15 Min) Rachel—OUTSIDE		Core (15 Min) Rachel—OUTSIDE			
7:00 AM	Total Fitness Rochelle Studio C		Total Fitness Rochelle Studio C		Total Fitness Rochelle Studio C		
8:15 AM	8:20 AM Gentle Yoga Joe—Studio B	Strength & Stability* Cindy—Studio C	8:20 AM Gentle Yoga Joe—Studio B	Strength & Stability* Cindy—Studio C	8:20 AM Gentle Yoga Joe—Studio B	Yoga Joe—OUTSIDE	
8:30 AM	Interval Training (30 Min) Nikki—OUTSIDE	Boot Camp (45 Min) Dayna— OUTSIDE	Interval Training (30 Min) Nikki—OUTSIDE	Boot Camp (45 Min) Dayna— OUTSIDE	Interval Training (30 Min) Nikki—OUTSIDE		
9:15 AM		*NEW* Pilates Core & Align Diana—Studio B		*NEW* Pilates Core & Align Diana—Studio B		Group Centergy Inara—Studio B	
9:30 AM		Group Power Sarah—Studio C	9:35 AM Gentle Pilates Heather—Studio B	Group Power Sarah—Studio C			
9:45 AM	Cycle 45 Laura—OUTSIDE Intermediate Step Rochelle Studio C		Cycle 45 Laura—OUTSIDE Intermediate Step Rochelle Studio C		Cycle 60 Ashley— OUTSIDE Intermediate Step Rochelle Studio C		
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				
11:45 AM		Zumba Gold Robbie—Studio C					
12:00 PM	Line Dancing (75 min) Robbie—Studio B		Line Dancing (75 min) Elaine—Studio B				
4:30 PM		Group Centergy Rebekah OUTSIDE		Group Centergy Rebekah OUTSIDE		NEW CLASSES highlighted in PURPLE OUTDOOR CLASSES* 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	Cycle 30 Rachel—OUTSIDE		Cycle 30 Rachel—OUTSIDE				
5:30 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
 - Disinfect all club equipment before and after each use

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





STUDIO A—Cycling Studio

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	CYCLE 45	CYCLE 45		
6:15 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—Mind/Body Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM						YOGA* *currently outside	
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* *currently outside		GROUP CENTERGY* *currently outside			
5:30 PM	YOGA		YOGA				

STUDIO C—Multipurpose Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	GROUP POWER		GROUP POWER				
7:00 AM	TOTAL FITNESS		TOTAL FITNESS		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					

SPECIALTY FITNESS—Classes not held in a Studio

Currently all specialty fitness classes are outside—weather permitting

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