

## FALL GROUP EXERCISE SCHEDULE • BEGINNING NOVEMBER 1<sup>ST</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	<b>Sunrise Cycle 45</b> Steven—Studio A <b>Group Power</b> Sarah—Studio C	<b>Sunrise Cycle 45</b> Rachel—Studio A	<b>Sunrise Cycle 45</b> Steven—Studio A <b>Group Power</b> Sarah—Studio C	<b>Sunrise Cycle 45</b> Rachel—Studio A	<b>Sunrise Cycle 45</b> Steven—Studio A		
6:30 AM		<b>Core (15 Min)</b> Rachel—Studio A		<b>Core (15 Min)</b> Rachel—Studio A			
7:00 AM	<b>Total Fitness</b> Rochelle Studio C		<b>Total Fitness</b> Rochelle Studio C		<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—Studio B	
8:30 AM	<b>Interval Training*</b> (30 Min) Nikki—OUTSIDE	<b>Boot Camp*</b> (45 Min) Dayna— OUTSIDE	<b>Interval Training*</b> (30 Min) Nikki—OUTSIDE	<b>Boot Camp*</b> (45 Min) Dayna— OUTSIDE	<b>Interval Training*</b> (30 Min) Nikki—OUTSIDE		
9:15 AM		<b>Pilates Core &amp; Align</b> Diana—Studio B		<b>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—Studio A <b>Intermediate Step</b> Rochelle Studio C		<b>Cycle 45</b> Laura—Studio A <b>Intermediate Step</b> Rochelle Studio C		<b>Cycle 60</b> Ashley—Studio A <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> Brienne—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</b> (75 min) Robbie—Studio B		<b>Line Dancing</b> (75 min) Elaine—Studio B				
1:45 PM	<b>Back Clinic</b> Narrated by Kyle Heather—Studio B		<b>Back Clinic</b> Narrated by Kyle Heather—Studio B				
4:30 PM		<b>Group Centergy</b> Rebekah Studio B		<b>Group Centergy</b> Rebekah Studio B		<b>SCHEDULE ADDITIONS &amp; CHANGES</b> highlighted in GREEN <b>OUTDOOR CLASSES*</b> highlighted in YELLOW <small>*Interval Training and Bootcamp will be held outside weather permitting. If it is actively raining during class time, class will be held in the GYM.</small>	
5:00 PM	<b>Cycle 30</b> Rachel—Studio A		<b>Cycle 30</b> Rachel—Studio A				
5:30 PM	<b>Yoga</b> Kris—Studio B	<b>Cycle 45</b> Ashley—Studio A	<b>Yoga</b> Kris—Studio B	<b>Cycle 45</b> Ashley—Studio A			

- 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 NOVEMBER 1<sup>ST</sup>

### STUDIO A—Cycling Studio

	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	
8:20 AM	GENTLE YOGA		GENTLE YOGA		GENTLE YOGA		
9:15 AM		PILATES CORE & ALIGN		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				
1:45 PM	BACK CLINIC		BACK CLINIC				
4:30 PM		GROUP CENTERGY		GROUP CENTERGY			
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