



# Timberhill Athletic Club

## Thanksgiving 2021

### Wednesday, November 24th

Club hours: 5:00 AM—9:00 PM

Playroom hours\*: 8:00 AM—12:00 PM

*\*Reservations required*

### Thursday, November 25th—We will be OPEN!

Club hours: 5:00 AM—12:00 PM

Playroom: CLOSED

**Family members and guests receive 1/2 off the single day membership fee and can workout for \$6.00.**

**Bring everyone along for a morning workout!**

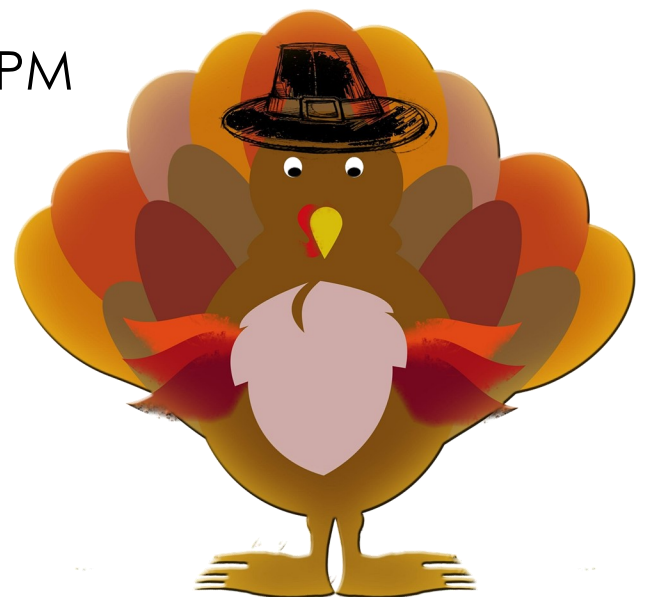
### Friday, November 26th

Club hours: 5:00 AM—9:00 PM

Playroom hours\*: 8:00 AM—12:00 PM

*\*Reservations required*

Group Exercise Studio  
and Aquatics class schedule  
on back.



## **Studio Classes:**

### **Wednesday, November 24th**

*All studio classes will occur as regularly scheduled*

### **Thursday, November 25th—Thanksgiving Day**

**8:00 AM** Simply Stretch Yoga with Karryn—Studio B

**8:30 AM** Cycle 45 with Emily—Cycle Studio

**9:15 AM** Zumba with Rebekah—Studio B

**9:30 AM** Group Power with Sarah—Studio C

**10:30 AM** Gentle Yoga with Siobhan—Studio B

### **Friday, November 26th**

*All studio classes will occur as regularly scheduled beginning at 7:00 AM*

- ♦ 5:45 AM Group Power and Cycle45 will NOT occur

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## **Aquatics Classes:**

### **Wednesday, November 24th**

*All aquatics classes in the lap and therapy pools will occur as regularly scheduled*

### **Thursday, November 25th—Thanksgiving Day**

**9:00 AM** Water Walking with Maya—Therapy Pool

### **Friday, November 26th**

*All aquatics classes in the lap and therapy pools will occur as regularly scheduled*