

# TIMBERHILL ATHLETIC CLUB

## SUMMER GROUP EXERCISE SCHEDULE • JUNE 19<sup>TH</sup> – SEPTEMBER 10<sup>TH</sup>

All classes are first come-first serve—Please arrive early to secure your space in class.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45 AM	Cycle 45 Steven—Cycle Studio <b>Group Power</b> Sarah—Studio C	Cycle 45 Amber—Cycle Studio	Cycle 45 Steven—Cycle Studio <b>Group Power</b> Nikki—Studio C	Cycle 45 Amber—Cycle Studio	Cycle 45 Steven—Cycle Studio <b>Group Power</b> Rebekah—Studio C	<div style="border: 1px solid black; padding: 5px;"> <p><b>*NEW* SCHEDULE ADDITIONS &amp; CHANGES highlighted in BLUE</b></p> </div>		
6:30 AM		<b>WARRIOR Strength— Cardio Countdown</b> Francy—Studio C (45 min)		<b>WARRIOR Strength— Get Pumped</b> Francy—Studio C (45 min)				
7:00 AM	Total Fitness Rochelle—Studio C <b>Therapeutic Yoga/Pilates</b> Siobhan—Studio B		Total Fitness Rochelle—Studio C <b>Therapeutic Yoga/Pilates</b> Siobhan—Studio B		Total Fitness Rochelle—Studio C <b>Therapeutic Yoga/Pilates</b> Siobhan—Studio B			
8:00 AM		<b>Simply Stretch Yoga</b> Siobhan—Studio B		<b>Simply Stretch Yoga</b> Diana—Studio B		<b>Yoga</b> Joe—Studio B		
8:15 AM	<b>Gentle Yoga</b> Joe—Studio B	<b>Strength &amp; Stability</b> Cindy—Studio C	<b>Gentle Yoga</b> Joe—Studio B	<b>Strength &amp; Stability</b> Cindy—Studio C	<b>Gentle Yoga</b> Joe—Studio B			
8:30 AM	<b>Interval Training</b> (30 min) Jess—GYM <b>Group Power</b> Rebekah—Studio C		<b>Interval Training</b> (30 min) Jess—GYM <b>Group Power</b> Rebekah—Studio C		<b>Interval Training</b> (30 min) Jess—GYM <b>Group Power</b> Rebekah—Studio C			
9:15 AM		<b>Pilates Core &amp; Align</b> Diana—Studio B		<b>Pilates Core &amp; Align</b> Diana—Studio B		<b>Core &amp; Restore Pilates/Yoga</b> Diana—Studio B <b>Cardio Dance/ Zumba</b> Nikki/Michelle Studio C <b>Cycle 45</b> Rotating—Cycle Studio		
9:30 AM	<b>9:35 AM Pilates</b> Chantal—Studio B	<b>Group Power</b> Sarah—Studio C	<b>9:35 AM Pilates</b> Chantal—Studio B	<b>Group Power</b> Sarah—Studio C	<b>9:35 AM Pilates</b> Susan—Studio B			
9:45 AM	Cycle 45 Laura—Cycle Studio <b>Dynamic Strength &amp; Conditioning</b> (45 min) Dayna—Studio C		Cycle 45 Laura—Cycle Studio <b>Dynamic Strength &amp; Conditioning</b> (45 min) Dayna—Studio C		Cycle 45 Elke—Cycle Studio <b>Intermediate Step</b> Rochelle Studio C			
10:30 AM	<b>10:40 AM Core &amp; Glutes</b> (30 min) Sarah—Studio C	<b>Gentle Yoga</b> Barry—Studio B	<b>10:40 AM Core &amp; Glutes</b> (30 min) Sarah—Studio C	<b>Gentle Yoga</b> Barry—Studio B		<b>Pilates</b> Diana—Studio B Studio C <b>Rhythm Ride</b> (45 min) Evan—Cycle Studio		
10:45 AM	<b>Yoga</b> Joe—Studio B	<b>Zumba</b> Evan—Studio C	<b>Yoga</b> Joe—Studio B	<b>Zumba</b> Evan—Studio C	<b>Yoga</b> Diana—Studio B			
11:00 AM	<b>11:20 AM Group Centergy</b> Michelle S—Studio C		<b>11:20 AM Group Centergy</b> Michelle S—Studio C					
11:45 AM		<b>Mostly Jazz</b> (90 Min) Barbara—Studio B		<b>Mostly Jazz</b> (90 Min) Barbara—Studio B				
12:00 PM	<b>Line Dancing</b> (75 min) Robbie—Studio B	<b>Zumba Gold</b> Robbie—Studio C	<b>Line Dancing</b> (75 min) Elaine—Studio B		<b>Mostly Jazz</b> (90 Min) Barbara—Studio B			
12:30 PM	<b>Fit for Life</b> (90 min) Leela—Studio C		<b>Fit for Life</b> (90 min) Leela—Studio C		<b>Zumba Gold</b> Sabina—Studio C			
1:30 PM	<b>1:45 PM Back Clinic</b> Mason—Studio B	<b>Tai Chi</b> Joe—Studio B	<b>1:45 PM Back Clinic</b> Mason—Studio B	<b>Tai Chi</b> Joe—Studio B	<b>*NEW* 1:45 PM Back Clinic</b> Mason—Studio B			
4:30 PM		<b>Group Centergy</b> Rebekah Studio B		<b>Group Centergy</b> Rebekah Studio B			<b>4:00 PM Pilates</b> Michelle McV Studio B <b>4:00 PM WARRIOR Strength—Get Pumped</b> (45 min) Francy—Studio C	
5:00 PM	Cycle 45 AJ—Cycle Studio		Cycle 45 AJ—Cycle Studio				<b>Zumba</b> Robbie—Studio C	
5:30 PM	<b>Yoga</b> Evan—Studio B <b>Group Power</b> Becca—Studio C	Cycle 45 Ashley—Cycle Studio <b>Zumba</b> Michelle M—Studio C	<b>Yoga</b> Evan—Studio B <b>Group Power</b> Monee—Studio C	Cycle 45 Ashley—Cycle Studio <b>Zumba</b> Michelle M—Studio C			<b>5:15 PM Vinyasa Flow Yoga</b> (75 min) Joe—Studio B	
6:45 PM							<b>6:30 PM Guided Meditation</b> (15 min) Joe—Studio B	

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### CYCLE STUDIO—DOWNSTAIRS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	CYCLE 45	CYCLE 45	CYCLE 45	CYCLE 45	CYCLE 45		
9:45 AM	CYCLE 45		CYCLE 45		CYCLE 45	9:15 AM CYCLE 45	
10:30 AM						RHYTHM RIDE 45	
5:00 PM	CYCLE 45		CYCLE 45				
5:30 PM		CYCLE 45		CYCLE 45			

### STUDIO B—Mind/Body Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	THERAPEUTIC YOGA/PILATES		THERAPEUTIC YOGA/PILATES		THERAPEUTIC YOGA/PILATES		
8:00 AM		SIMPLY STR. YOGA		SIMPLY STR. YOGA		YOGA	
8:15 AM	GENTLE YOGA		GENTLE YOGA		GENTLE YOGA		
9:15 AM		PILATES CORE & ALIGN		PILATES CORE & ALIGN		CORE & RESTORE PILATES/YOGA	
9:35 AM	PILATES		PILATES		PILATES		
10:30 AM		GENTLE YOGA		GENTLE YOGA		PILATES	
10:45 AM	YOGA		YOGA		YOGA		
11:45 AM		MOSTLY JAZZ 90 MIN		MOSTLY JAZZ 90 MIN			
12:00 PM	LINE DANCING 75 MIN		LINE DANCING 75 MIN		MOSTLY JAZZ 90 MIN		
1:30 PM	1:45 PM BACK CLINIC	TAI CHI	1:45 PM BACK CLINIC	TAI CHI	*NEW* 1:45 PM BACK CLINIC		
4:30 PM		GROUP CENTERGY		GROUP CENTERGY			4:00 PM PILATES
5:30 PM	YOGA		YOGA				5:15 PM VINYASA FLOW YOGA 75 MIN
6:30 PM							GUIDED MED. 15 MIN

### STUDIO C—Multipurpose Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	GROUP POWER		GROUP POWER		GROUP POWER		
6:30 AM		WARRIOR STRENGTH—CARDIO CNTDWN 45 MIN		WARRIOR STRENGTH—GET PUMPED 45 MIN			
7:00 AM	TOTAL FITNESS		TOTAL FITNESS		TOTAL FITNESS		
8:15 AM		STRENGTH & STABILITY		STRENGTH & STABILITY			
8:30 AM	GROUP POWER		GROUP POWER		GROUP POWER		
9:30 AM		GROUP POWER		GROUP POWER		9:15 AM CARDIO DANCE/ ZUMBA	
9:45 AM	DYN STR & COND 45 MIN		DYN STR & COND 45 MIN		INTERMEDIATE STEP		
10:45 AM	10:40 AM CORE & GLUTES 30 MIN	ZUMBA	10:40 AM CORE & GLUTES 30 MIN	ZUMBA			
11:00 AM	11:20 AM GROUP CENTERGY		11:20 AM GROUP CENTERGY				
12:00 PM		ZUMBA GOLD					
12:30 PM	FIT FOR LIFE 90 MIN		FIT FOR LIFE 90 MIN		ZUMBA GOLD		4:00 PM WARRIOR STRENGTH—PUMPED 45 MIN
5:30 PM	GROUP POWER	ZUMBA	GROUP POWER	ZUMBA			5:00 PM ZUMBA

### SPECIALTY FITNESS—Classes not held in a Fitness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	INTERVAL TRAINING—GYM		INTERVAL TRAINING—GYM		INTERVAL TRAINING—GYM