

TIMBERHILL ATHLETIC CLUB

FALL GROUP EXERCISE SCHEDULE • SEPTEMBER 11TH – DECEMBER 31ST

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 Group Power Sarah—Studio C	Cycle 45 Amber—Cycle Studio	Cycle 45 Steven—Cycle Studio Group Power Nikki—Studio C	Cycle 45 Amber—Cycle Studio	Cycle 45 Steven—Cycle Studio Group Power Rebekah—Studio C	*NEW* SCHEDULE ADDITIONS & CHANGES highlighted in ORANGE	
6:30 AM		WARRIOR Strength— Cardio Countdown Francy—Studio C (45 min)		WARRIOR Strength— Get Pumped Francy—Studio C (45 min)			
7:00 AM	Total Fitness Rochelle—Studio C Vinyasa Flow Yoga Gillian—Studio B		Total Fitness Rochelle—Studio C Vinyasa Flow Yoga Gillian—Studio B		Total Fitness Rochelle—Studio C Vinyasa Flow Yoga Gillian—Studio B		
8:00 AM		*NEW* Melt Shandra—Studio B		Simply Stretch Yoga Diana—Studio B		Yoga Joe—Studio B *NEW* Group Power Becca—Studio C	
8:15 AM	Gentle Yoga Joe—Studio B	Strength & Stability Cindy—Studio C	Gentle Yoga Joe—Studio B	Strength & Stability Cindy—Studio C	Gentle Yoga Joe—Studio B		
8:30 AM	Interval Training (30 min) Jess—GYM Group Power Rebekah—Studio C	*NEW* Boot Camp (45 min) Kira—Gym	Interval Training (30 min) Jess—GYM Group Power Rebekah—Studio C	*NEW* Boot Camp (45 min) Kira—Gym	Interval Training (30 min) Jess—GYM Group Power Rebekah—Studio C		
9:15 AM		9:10 AM Pilates Core & Align (50 min) Diana—Studio B		9:10 AM Pilates Core & Align (50 min) Diana—Studio B		Core & Restore Pilates/Yoga Diana—Studio B Cardio Dance/ Zumba Nikki/Michelle Studio C Cycle 45 Ashley—Cycle Studio	
9:30 AM	9:35 AM Pilates Chantal—Studio B	Group Power Sarah—Studio C	9:35 AM Pilates Chantal—Studio B	Group Power Sarah—Studio C	9:35 AM Pilates Susan—Studio B		
9:45 AM	Cycle 45 Laura—Cycle Studio Dynamic Strength & Conditioning (45 min) Dayna—Studio C		Cycle 45 Laura—Cycle Studio Dynamic Strength & Conditioning (45 min) Dayna—Studio C		Cycle 45 Elke—Cycle Studio Intermediate Step Rochelle Studio C		
10:30 AM	10:40 AM Core & Glutes (30 min) Sarah—Studio C	Gentle Yoga Barry—Studio B	10:40 AM Core & Glutes (30 min) Sarah—Studio C	Gentle Yoga Barry—Studio B		Pilates Diana—Studio B Studio C Rhythm Ride (45 min) Evan—Cycle Studio	
10:45 AM	Yoga Joe—Studio B	Zumba Megan—Studio C	Yoga Joe—Studio B		Yoga Diana—Studio B		
11:00 AM	11:20 AM Group Centergy Michelle S—Studio C		11:20 AM Group Centergy Michelle S—Studio C				STARTS 10/2 11:30 AM Nia Leela—Studio C
11:45 AM		Mostly Jazz (90 Min) Barbara—Studio B		Mostly Jazz (90 Min) Barbara—Studio B			
12:00 PM	Line Dancing (75 min) Elaine—Studio B		Line Dancing (75 min) Elaine—Studio B		Mostly Jazz (90 Min) Barbara—Studio B		
12:30 PM	Fit for Life (90 min) Leela—Studio C		Fit for Life (90 min) Leela—Studio C		Zumba Gold Sabina—Studio C		
1:30 PM	1:45 PM Back Clinic Mason—Studio B	Tai Chi Joe—Studio B	1:45 PM Back Clinic Mason—Studio B	Tai Chi Joe—Studio B	1:45 PM Back Clinic Mason—Studio B		
4:30 PM	*NEW* 4:15 PM Zumba Evan—Studio B	Group Centergy Rebekah Studio B	*NEW* 4:15 PM Zumba Evan—Studio B	Group Centergy Rebekah Studio B			4:00 PM Pilates Michelle McV Studio B 4:00 PM WARRIOR Strength Francy—Studio C
5:00 PM	Cycle 45 AJ—Cycle Studio		Cycle 45 AJ—Cycle Studio				
5:30 PM	Yoga Evan—Studio B Group Power Wendy—Studio C	Cycle 45 Ashley—Cycle Studio Zumba Michelle M—Studio C STARTS 9/27 5:45 PM Restorative Yoga Siobhan—Studio B	Yoga Evan—Studio B Group Power Wendy—Studio C	Cycle 45 Ashley—Cycle Studio Zumba Michelle M—Studio C STARTS 9/29 5:45 PM Restorative Yoga Siobhan—Studio B			5:15 PM Vinyasa Flow Yoga (75 min) Joe—Studio B
6:45 PM		STARTS 9/27 Nia Leela—Studio C		STARTS 9/29 Nia Leela—Studio C			6:30 PM Guided Meditation (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	VINYASA FLOW YOGA		VINYASA FLOW YOGA		VINYASA FLOW YOGA		
8:00 AM		MELT		SIMPLY STR. YOGA		YOGA	
8:15 AM	GENTLE YOGA		GENTLE YOGA		GENTLE YOGA		
9:15 AM		9:10 AM PILATES CORE & ALIGN (50 MIN)		9:10 AM PILATES CORE & ALIGN (50 MIN)		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	1:45 PM BACK CLINIC		
4:30 PM	4:15 PM ZUMBA	GROUP CENTERGY	4:15 PM ZUMBA	GROUP CENTERGY			4:00 PM PILATES
5:30 PM	YOGA	STARTS 9/27 5:45 PM RESTORATIVE YOGA	YOGA	STARTS 9/29 5:45 PM RESTORATIVE 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		8:00 AM GROUP POWER	
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				
11:00 AM	11:20 AM GROUP CENTERGY		11:20 AM GROUP CENTERGY				STARTS 10/2 11:30 AM NIA
12:00 PM							
12:30 PM	FIT FOR LIFE 90 MIN		FIT FOR LIFE 90 MIN		ZUMBA GOLD		4:00 PM WARRIOR STRENGTH
5:30 PM	GROUP POWER	ZUMBA	GROUP POWER	ZUMBA			
6:45 PM		STARTS 9/27 NIA		STARTS 9/29 NIA			

SPECIALTY FITNESS—Classes not held in a Fitness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	INTERVAL TRAINING—GYM (30 MIN)	BOOT CAMP—GYM (45 MIN)	INTERVAL TRAINING—GYM (30 MIN)	BOOT CAMP—GYM (45 MIN)	INTERVAL TRAINING—GYM (30 MIN)