

TIMBERHILL ATHLETIC CLUB

WINTER GROUP EXERCISE SCHEDULE • JANUARY 8th – APRIL 1st

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 BLUE		
6:30 AM		WARRIOR Strength Cardio Countdown (45 min) Francy—Studio C		WARRIOR Strength Get Pumped (45 min) Francy—Studio C				
7:00 AM	Total Fitness Rochelle—Studio C Gentle Yoga Karryn—Studio B		Total Fitness Rochelle—Studio C Gentle Yoga Karryn—Studio B		Total Fitness Rochelle—Studio C Gentle Yoga Karryn—Studio B			
8:00 AM		Melt Shandra—Studio B		Simply Stretch Yoga Diana—Studio B		Yoga Joe—Studio B 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* Cycle 45 Dan—Cycle Studio Boot Camp (45 min) Nick—Gym	Interval Training (30 min) Jess—Gym Group Power Rebekah—Studio C	*NEW* Cycle 45 Dan—Cycle Studio Boot Camp (45 min) Nick—Gym	Interval Training (30 min) Jess—Gym Group Power Rebekah—Studio C	9:15 AM Core & Restore Pilates/Yoga Diana—Studio B 9:15 AM Cardio Dance/Zumba Nikki/Michelle Studio C 9:15 AM Cycle 45 Ashley—Cycle Studio		
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				
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 Jenna—Cycle Studio Intermediate Step Rochelle Studio C	*NEW* 10:30 AM WARIOR Combat Boxing/Kickboxing Francy—Studio C 10:30 AM Pilates Diana—Studio B 10:30 AM Rhythm Ride (45 min) Evan—Cycle Studio		
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				
10:45 AM	Yoga Joe—Studio B	Zumba Megan—Studio C	Yoga Joe—Studio B	Zumba Carolyn—Studio C	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		*NEW* Beginner Line Dancing Workshop Elaine—Studio C	Ongoing workshop ← Jan 5-Feb 23 Drop-in anytime!	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 Studio B Ski Conditioning (45 min) Steve—Studio A		Line Dancing (75 min) Elaine—Studio B Studio B Ski Conditioning (45 min) Steve—Studio A		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 Nick—Studio B	Tai Chi Joe—Studio B	1:45 PM Back Clinic Nick—Studio B	Tai Chi Joe—Studio B	1:45 PM Back Clinic Nick—Studio B		4:00 PM Power Pilates Michelle McV Studio B 4:00 PM WARRIOR Strength Francy—Studio C	
3:00 PM		*NEW* Intermediate Line Dancing Robbie—Studio C						
4:30 PM	4:15 PM Zumba Evan—Studio C	Group Centergy Rebekah Studio B	4:15 PM Zumba Evan—Studio C	Group Centergy Rebekah Studio B				
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	Yoga Evan—Studio B Group Power Wendy—Studio C	Cycle 45 Ashley—Cycle Studio Zumba Michelle M—Studio C			5:15 PM Vinyasa Flow Yoga (75 min) Joe—Studio B	
5:45 PM		*NEW* 5:45 PM Strength, Movement, & Mobility Alex—Studio B		*NEW* 5:45 PM Strength, Movement, & Mobility Alex—Studio B			6:30 PM Guided Meditation (15 min) Joe—Studio B	
6:45 PM		Nia Leela—Studio C		Nia Leela—Studio C				

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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		
8:30 AM		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	GENTLE YOGA		GENTLE YOGA		GENTLE 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		GROUP CENTERGY		GROUP CENTERGY			4:00 PM POWER PILATES
5:30 PM	YOGA	5:45 PM STRENGTH, MVMNT, & MOBILITY	YOGA	5:45 PM STRENGTH, MVMNT, & MOBILITY			5:15 PM VINYASA FLOW YOGA 75 MIN
6:30 PM							GUIDED MEDITATION 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	ZUMBA		10:30 AM WARRIOR COMBAT BOXING/KICKBOXNG	
11:00 AM	11:20 AM GROUP CENTERGY		11:20 AM GROUP CENTERGY		BEGINNER LINE DANCING WKSHP		11:30 AM NIA
12:30 PM	FIT FOR LIFE 90 MIN		FIT FOR LIFE 90 MIN		ZUMBA GOLD		
4:15 PM	ZUMBA	3:00 PM INTERMEDIATE LINE DANCING	ZUMBA				4:00 PM WARRIOR STRENGTH
5:30 PM	GROUP POWER	ZUMBA	GROUP POWER	ZUMBA			
6:45 PM		NIA		NIA			

SPECIALTY FITNESS—Classes not held in a Fitness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	INT TRAINING—GYM (30 MIN)	BOOT CAMP—GYM (45 MIN)	INT TRAINING—GYM (30 MIN)	BOOT CAMP—GYM (45 MIN)	INT TRAINING—GYM (30 MIN)
12:00 PM	SKI CONDITIONING (45 MIN)—ST A		SKI CONDITIONING (45 MIN)—ST A		