

TIMBERHILL ATHLETIC CLUB

SPRING GROUP EXERCISE SCHEDULE • APRIL 2ND – JUNE 17TH

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 Sarah—Studio C	*NEW* SCHEDULE ADDITIONS & CHANGES highlighted in PURPLE		
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 Gillian—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	Cycle 45 Dan—Cycle Studio Boot Camp (45 min) Alex—Gym	Interval Training (30 min) Jess—Gym Group Power Rebekah—Studio C	Cycle 45 Dan—Cycle Studio	Interval Training (30 min) Jess—Gym Group Power Rebekah—Studio C	9:15 AM Yoga/Pilates Fusion Diana—Studio B		
9:15 AM		9:10 AM (50 min) Pilates Core & Align Diana—Studio B		9:10 AM (50 min) Pilates Core & Align Diana—Studio B		9:15 AM Zumba Shawna/Michelle M. Studio C		
9:30 AM	9:35 AM Pilates Chantal—Studio B	Group Power Becca—Studio C	9:35 AM Pilates Chantal—Studio B	Group Power Becca—Studio C	9:35 AM Pilates Susan—Studio B	9:15 AM Cycle 45 Ashley—Cycle Studio		
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 Liz—Cycle Studio Intermediate Step Rochelle Studio C	10:30 AM WARRIOR Combat Boxing/Kickboxing Francy—Studio C		
10:30 AM		Gentle Yoga Barry—Studio B		Gentle Yoga Barry—Studio B		10:30 AM Pilates Diana—Studio B		
10:45 AM	Yoga Joe—Studio B Group Centergy Michelle S—Studio C	Zumba Megan—Studio C	Yoga Joe—Studio B Group Centergy Michelle S—Studio C	Zumba Carolyn—Studio C	Yoga Diana—Studio B	10:30 AM Rhythm Ride (45 min) Evan—Cycle Studio		
11:45 AM		Mostly Jazz (90 Min) Barbara—Studio B		Mostly Jazz (90 Min) Barbara—Studio B	11:00 AM Beginner Line Dancing Elaine—Studio C		11:30 AM Nia Leela—Studio C	
12:00 PM	Line Dancing (75 min) Elaine—Studio B Studio B		Line Dancing (75 min) Elaine—Studio B 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 Healthy Back, Hips & Core Alex—Studio B	Tai Chi Joe—Studio B	1:45 PM Healthy Back, Hips & Core Angie—Studio B	Tai Chi Joe—Studio B	1:45 PM Healthy Back, Hips & Core Angie—Studio B			
3:00 PM		Intermediate Line Dancing Robbie—Studio C		2:45-4:15 PM Beginning Ballroom Dancing Series Barbara—Studio B \$ PAID CLASS \$				
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			4:00 PM Power Pilates Michelle McV 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		Strength, Movement, & Mobility Alex—Studio B		Strength, Movement, & Mobility Alex—Studio B			6:30 PM Guided Meditation (15 min) Joe—Studio B	
6:45 PM	Mindful Yoga (85 min) Priscilla—Studio B	Nia Leela—Studio C	Mindful Yoga (85 min) Priscilla—Studio B	Nia Leela—Studio C				
7:00 PM				7:00-8:30 PM Intermediate Ballroom Dancing Series Barbara—Studio B \$ PAID CLASS \$				

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CYCLE STUDIO—DOWNSTAIRS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	CYCLE 45 MIN	CYCLE 45 MIN	CYCLE 45 MIN	CYCLE 45 MIN	CYCLE 45 MIN		
8:30 AM		CYCLE 45 MIN		CYCLE 45 MIN		9:15 AM CYCLE 45 MIN	
9:45 AM	CYCLE 45 MIN		CYCLE 45 MIN		CYCLE 45 MIN		
10:30 AM						10:30 AM RHYTHM RIDE 45 MIN	
5:00 PM	CYCLE 45 MIN		CYCLE 45 MIN				
5:30 PM		CYCLE 45 MIN		CYCLE 45 MIN			

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 (50 MIN) PILATES CORE & ALIGN		9:10 AM (50 MIN) PILATES CORE & ALIGN		YOGA/PILATES FUSION	
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 HEALTHY BACK, HIPS & CORE	TAI CHI	1:45 PM HEALTHY BACK, HIPS & CORE	TAI CHI	1:45 PM HEALTHY BACK, HIPS & CORE		
2:45 PM				2:45 PM BEGINNING BALLROOM DANCING SERIES			
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	6:45 PM (85 MIN) MINDFUL YOGA		6:45 PM (85 MIN) MINDFUL YOGA	7:00 PM INTERMED. BALLROOM DNCNG			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 ZUMBA	
9:45 AM	DYN STR & COND (45 MIN)		DYN STR & COND (45 MIN)		INTERMEDIATE STEP		
10:45 AM	GROUP CENTERGY	ZUMBA	GROUP CENTERGY	ZUMBA		10:30 AM WARRIOR COMBAT BOXING/KICKBOXNG	
11:00 AM					BEGINNER LINE DANCING		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				
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)		INT TRAINING—GYM (30 MIN)

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