

# TIMBERHILL ATHLETIC CLUB

## WINTER GROUP EXERCISE SCHEDULE • JANUARY 8<sup>th</sup> – APRIL 1<sup>st</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	<b>*NEW* SCHEDULE ADDITIONS &amp; CHANGES highlighted in BLUE</b>		
6:30 AM		<b>WARRIOR Strength Cardio Countdown</b> (45 min) Francy—Studio C		<b>WARRIOR Strength Get Pumped</b> (45 min) Francy—Studio C				
7:00 AM	Total Fitness Rochelle—Studio C <b>Gentle Yoga</b> Karryn—Studio B		Total Fitness Rochelle—Studio C <b>Gentle Yoga</b> Karryn—Studio B		Total Fitness Rochelle—Studio C <b>Gentle Yoga</b> Karryn—Studio B			
8:00 AM		<b>Melt</b> Shandra—Studio B		<b>Simply Stretch Yoga</b> Diana—Studio B		<b>Yoga</b> Joe—Studio B <b>Group Power</b> Becca—Studio C		
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	Interval Training (30 min) Jess—Gym <b>Group Power</b> Rebekah—Studio C	Cycle 45 Dan—Cycle Studio <b>Boot Camp</b> (45 min) Nick—Gym	Interval Training (30 min) Jess—Gym <b>Group Power</b> Rebekah—Studio C	Cycle 45 Dan—Cycle Studio <b>Boot Camp</b> (45 min) Nick—Gym	Interval Training (30 min) Jess—Gym <b>Group Power</b> Rebekah—Studio C	<b>9:15 AM Core &amp; Restore Pilates/Yoga</b> Diana—Studio B <b>9:15 AM Cardio Dance/Zumba</b> Nikki/Michelle Studio C <b>9:15 AM Cycle 45</b> Ashley—Cycle Studio		
9:15 AM		<b>9:10 AM Pilates Core &amp; Align</b> (50 min) Diana—Studio B		<b>9:10 AM Pilates Core &amp; Align</b> (50 min) Diana—Studio B				
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 Jenna—Cycle Studio <b>Intermediate Step</b> Rochelle Studio C	<b>10:30 AM WARRIOR Combat Boxing/Kickboxing</b> Francy—Studio C <b>10:30 AM Pilates</b> Diana—Studio B <b>10:30 AM Rhythm Ride</b> (45 min) Evan—Cycle Studio		
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				
10:45 AM	<b>Yoga</b> Joe—Studio B	<b>Zumba</b> Megan—Studio C	<b>Yoga</b> Joe—Studio B	<b>Zumba</b> Carolyn—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		<b>Beginner Line Dancing</b> Elaine—Studio C		<b>11:30 AM Nia</b> Leela—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) Elaine—Studio B Studio B		<b>Line Dancing</b> (75 min) Elaine—Studio B 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 Healthy Back, Hips &amp; Core</b> Alex—Studio B	<b>Tai Chi</b> Joe—Studio B	<b>1:45 PM Healthy Back, Hips &amp; Core</b> Angie—Studio B	<b>Tai Chi</b> Joe—Studio B	<b>1:45 PM Healthy Back, Hips &amp; Core</b> Angie—Studio B		<b>4:00 PM Power Pilates</b> Michelle McV Studio B <b>4:00 PM WARRIOR Strength</b> Francy—Studio C	
3:00 PM		<b>Intermediate Line Dancing</b> Robbie—Studio C						
4:30 PM	<b>4:15 PM Zumba</b> Evan—Studio C	<b>Group Centergy</b> Rebekah Studio B	<b>4:15 PM Zumba</b> Evan—Studio C	<b>Group Centergy</b> Rebekah Studio B				
5:00 PM	Cycle 45 AJ—Cycle Studio		Cycle 45 AJ—Cycle Studio					
5:30 PM	<b>Yoga</b> Evan—Studio B <b>Group Power</b> Wendy—Studio C	Cycle 45 Ashley—Cycle Studio <b>Zumba</b> Michelle M—Studio C	<b>Yoga</b> Evan—Studio B <b>Group Power</b> Wendy—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	
5:45 PM		<b>Strength, Movement, &amp; Mobility</b> Alex—Studio B		<b>Strength, Movement, &amp; Mobility</b> Alex—Studio B			<b>6:30 PM Guided Meditation</b> (15 min) Joe—Studio B	
6:45 PM	<b>*NEW* Mindful Yoga</b> Priscilla—Studio B (75 min)	<b>Nia</b> Leela—Studio C	<b>*NEW* Mindful Yoga</b> Priscilla—Studio B (75 min)	<b>Nia</b> Leela—Studio C				

ALL CLASSES ARE 60 MINUTES UNLESS OTHERWISE NOTED

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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 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 HEALTHY BACK, HIPS & CORE	TAI CHI	1:45 PM HEALTHY BACK, HIPS & CORE	TAI CHI	1:45 PM HEALTHY BACK, HIPS & CORE		
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 (75 MIN) MINDFUL YOGA		6:45 PM (75 MIN) MINDFUL YOGA				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		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)

ALL CLASSES ARE 60 MINUTES UNLESS OTHERWISE NOTED