

# TIMBERHILL ATHLETIC CLUB

## FALL GROUP EXERCISE SCHEDULE • SEPTEMBER 10<sup>TH</sup> – DECEMBER 30<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 Group Power Sarah—Studio C	Cycle 45 Amber Cycle Studio	Cycle 45 Steven—Cycle Studio Group Power Sarah—Studio C	Cycle 45 Amber Cycle Studio	Cycle 45 Steven—Cycle Studio Group Power Sarah—Studio C	<b>*NEW* SCHEDULE ADDITIONS &amp; CHANGES highlighted in ORANGE</b>	
6:30 AM		<b>*NEW* Cardio &amp; Strength Interval Training (45 min)</b> Francy—Studio C		<b>*NEW* Functional Strength Interval Training (45 min)</b> 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		Foam Roll & Recover Karryn—Studio B		Simply Stretch Yoga Gillian—Studio B		Yoga Joe—Studio B Group Power Becca—Studio C	
8:15 AM	Gentle Yoga (65 min) Joe—Studio B	Strength & Stability Cindy—Studio C	Gentle Yoga (65 min) Joe—Studio B	Strength & Stability Cindy—Studio C	Gentle Yoga (65 min) Joe—Studio B		
8:30 AM	Interval Training (30 min) Jess—Gym Group Power Rebekah—Studio C	Cycle 45 Dan—Cycle Studio Boof 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 with Diana alternating Saturdays Group Centergy with Rebekah	
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/Cardio Dance Michelle M/Paul 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 Rot Inst—Cycle Studio Intermediate Step Rochelle Studio C		
10:30 AM		Gentle Yoga Barry—Studio B		Gentle Yoga Barry—Studio B		<b>*NEW* 10:30 AM Cardio Kickboxing</b> Francy—Studio C	
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 Pilates Diana/Angie Studio B	
11:45 AM		Mostly Jazz (90 Min) Barbara—Studio B		Mostly Jazz (90 Min) Barbara—Studio B			11:30 AM Rhythm & Flow Dance Leela—Studio C
12:00 PM	Line Dancing (75 min) Elaine—Studio B	Chair Yoga Tina—Studio C	Line Dancing (75 min) Elaine—Studio B	Chair Yoga Tina—Studio C	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 Alex—Studio B	Tai Chi Joe—Studio B	1:45 PM Healthy Back, Hips & Core Alex—Studio B		
3:00 PM		Intermediate Line Dancing (75 min) Robbie—Studio B		<b>*NEW* Zumba Gold</b> Robbie—Studio C 2:45-4:15 PM Beginning Ballroom Dancing Series (90 min) Barbara—Studio B \$ PAID CLASS \$		4:00 PM Power Pilates Michelle McV Studio B <b>*NEW* 4:00 PM Cardio Dance</b> Paul—Studio C	
4:30 PM	<b>*NEW* 4:15 PM Cardio Dance</b> Paul—Studio C	Group Centergy Rebekah—Studio B	<b>*NEW* 4:15 PM Cardio Dance</b> Paul—Studio C	Group Centergy Rebekah—Studio B			
5:00 PM	Cycle 45 AJ—Cycle Studio		Cycle 45 AJ—Cycle Studio				5:15 PM Vinyasa Flow Yoga (75 min) Joe—Studio B
5:30 PM	Mindful Yoga (90 min) Priscilla—Studio B Group Power Wendy—Studio C	Cycle 45 Ashley—Cycle Studio Strength, Movement, & Mobility Alex—Studio C	Mindful Yoga (90 min) Priscilla—Studio B Group Power Wendy—Studio C	Cycle 45 Ashley—Cycle Studio Strength, Movement, & Mobility Alex—Studio C	<b>*NEW* Cardio Dance Party</b> Paul—Studio C 1 <sup>st</sup> and 3 <sup>rd</sup> Fridays of each month		<b>*NEW* 5:15 PM Pound</b> Kahea—Studio C
5:45 PM		5:40 PM Zumba Michelle M—Studio B		5:40 PM Zumba Michelle M—Studio B			6:30 PM Guided Meditation (15 min) Joe—Studio B
6:45 PM		Rhythm & Flow Dance Leela—Studio C		Rhythm & Flow Dance Leela—Studio C			
7:00 PM				Int. Ballroom Dancing Series (90 min) Barbara—Studio B \$ PAID CLASS \$			

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							
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		FOAM ROLL & RECOVER		SIMPLY STRETCH 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		9:15 AM YOGA/PILATES FUSION alt. w/ GROUP CENTERGY	
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		3:00 PM INTERMEDIATE LINE DANCING (75 MIN)		BEGINNING BALLROOM \$ PAID CLASS \$			
4:30 PM		GROUP CENTERGY		GROUP CENTERGY			4:00 PM POWER PILATES
5:30 PM	MINDFUL YOGA (90 MIN)	5:40 PM ZUMBA	MINDFUL YOGA (90 MIN)	5:40 PM ZUMBA			5:15 PM (75 MIN) VIN FLOW YOGA
6:30 PM				7:00 PM INT BALLROOM \$ PAID CLASS \$			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		CARDIO & STRENGTH INTERVAL TRAINING (45 MIN)		FUNCTIONAL STRENGTH INTERVAL TRAINING (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/ CARDIO DANCE	
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 CARDIO KICKBOXING	
12:00 PM		CHAIR YOGA		CHAIR YOGA			11:30 AM RHY & FLOW DANCE
12:30 PM	FIT FOR LIFE (90 MIN)		FIT FOR LIFE (90 MIN)		ZUMBA GOLD		
4:15 PM	CARDIO DANCE		CARDIO DANCE	3:00 PM ZUMBA GOLD			4:00 PM CARDIO DANCE
5:30 PM	GROUP POWER	STRENGTH, MVMNT, & MOBILITY	GROUP POWER	STRENGTH, MVMNT, & MOBILITY	5:30 PM CARDIO DANCE PARTY		5:15 PM POUND
6:45 PM		RHY & FLOW DANCE		RHY & FLOW DANCE	1 <sup>ST</sup> & 3 <sup>RD</sup> SAT		

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	INT TRAINING—GYM (30 MIN)	BOOTCAMP—GYM (45 MIN)	INT TRAINING—GYM (30 MIN)		INT TRAINING—GYM (30 MIN)

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