



Timberhill Athletic Club

Thanksgiving 2023

Thursday, November 23rd

We will be OPEN!

Club hours: 5:00 AM-12:00 PM

Playroom: CLOSED

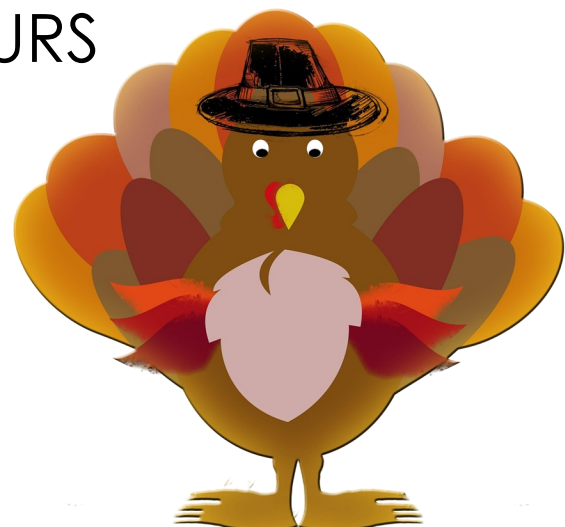
Family members and guests receive 1/2 off the single day membership fee and can workout for \$7.00. Bring everyone along for a morning workout!

Friday, November 24th

Club hours: 5:00 AM-10:00 PM

Playroom hours: NORMAL HOURS

*Group Exercise Studio
and Aquatics class schedule
on back.*



Studio Classes:

Thursday, November 23rd—Thanksgiving Day

8:00 AM Simply Stretch Yoga w/ Karryn—Studio B

8:15 AM Strength & Stability w/ Cindy—Studio C

8:30 AM Cycle w/ Suzanne—Cycle Studio

9:10 AM Pilates Core & Align w/Chantal—Studio B

9:30 AM Functional Strength Interval Training (45 minutes) w/ Francy—Studio C

10:30 AM Gentle Yoga w/ Barry—Studio B

Friday, November 24th

5:45 AM Cycle w/Steven—Cycle Studio

7:00 AM Total Fitness w/ Rochelle—Studio C

7:00 AM Gentle Yoga w/ Karryn—Studio B

8:15 AM Gentle Yoga w/ Joe—Studio B

8:30 AM Group Power w/ Rebekah—Studio C

9:35 AM Pilates w/ Susan—Studio B

9:45 AM Cycle w/ AJ—Cycle Studio

9:45 AM Step, Lift, & Drum w/ Rochelle—Studio C

10:45 AM Yoga w/ Barry—Studio B

1:45 PM Healthy Back, Hips & Core w/ Alex—Studio B

Aquatics Classes:

Thursday, November 23rd—Thanksgiving Day

9:00 AM Water Fitness w/ Karen—Therapy Pool

10:00 AM Deep Water Running (45 minutes) w/ Karen—Lap Pool

Friday, November 24th

8:00 AM HydroFit w/Karen—Lap Pool

9:00 AM Water Fitness w/ Beth—Therapy Pool

11:00 AM Aqua Fusion w/ Heather—Therapy Pool