

TIMBERHILL ATHLETIC CLUB

WINTER GROUP EXERCISE SCHEDULE • JANUARY 5TH – MARCH 29TH

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 Francy—Studio C	Cycle 45 Amber Cycle Studio	Cycle 45 Steven—Cycle Studio Group Power Francy—Studio C	Cycle 45 Amber Cycle Studio	Cycle 45 Steven—Cycle Studio Group Power Francy—Studio C	*NEW* SCHEDULE ADDITIONS & CHANGES highlighted in BLUE	
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		*NEW* Roots & Wings All Levels Yoga Tiffany—Studio B		8:00 AM Yoga Joe—Studio B	
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	8:00 AM Group Power Rotating Instructors Studio C	
8:30 AM	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	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 Beth
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			
9:30 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 Zumba Michelle M/Christal Studio C
9:45 AM	Cycle 45 Laura—Cycle Studio Strength & Conditioning (45 min) Sarah—Studio C		Cycle 45 Laura—Cycle Studio Strength & Conditioning (45 min) Sarah—Studio C		Cycle 45 Ashley—Cycle Studio Intermediate Step Rochelle Studio C		9:15 AM Cycle 45 Rotating Instructors Cycle Studio
10:30 AM		Gentle/Moderate Yoga Barry—Studio B		Gentle/Moderate Yoga Barry—Studio B			10:30 AM Cardio Kickboxing Francy—Studio C
10:45 AM	Yoga Joe—Studio B Group Centergy Michelle S—Studio C	Class coming soon!	Yoga Joe—Studio B Group Centergy Michelle S—Studio C	Zumba Carolyn—Studio C	Yoga Diana—Studio B		10:45 AM Sunday Morning Yoga (75 Min) Amy/Barry—Studio B
11:45 AM		Mostly Jazz (90 Min) Barbara—Studio B		Mostly Jazz (90 Min) Barbara—Studio B			
12:00 PM	Beginner Line Dancing (75 min) Elaine—Studio B	Chair Yoga Tina—Studio C	Beginner Plus Line Dancing (75 min) Elaine—Studio B	Chair Yoga Tina—Studio C	Mostly Jazz (90 Min) Barbara—Studio B		11:30 AM Rhythm & Flow Dance Leela—Studio C
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	2:00 PM Healthy Back, Hips & Core Alex—Studio B	Tai Chi Joe—Studio B	2:00 PM Healthy Back, Hips & Core Alex—Studio B	Tai Chi Joe—Studio B	2:00 PM Healthy Back, Hips & Core Alex—Studio B		
3:00 PM		Intermediate Line Dancing (75 min) Robbie—Studio B		Zumba Gold Robbie—Studio C			4:00 PM Power Pilates Michelle McV Studio B
4:15 PM	Cardio Yoga & Barre Amy—Studio C	4:30 PM *NEW* Group Centergy Wendy—Studio B	Cardio Yoga & Barre Amy—Studio C	4:30 PM *NEW* Group Centergy Wendy—Studio B			4:00 PM Zumba Christal—Studio C
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 (75 min) Priscilla—Studio B Group Power Wendy—Studio C	Cycle 45 Ashley—Cycle Studio Strength, Movement, & Mobility Alex—Studio C	Mindful Yoga (75 min) Priscilla—Studio B Group Power Wendy—Studio C	Cycle 45 Ashley—Cycle Studio Strength, Movement, & Mobility Alex—Studio C	VXN Dance Party* Christal—Studio C *3rd Friday of each month		5:15 PM Pound 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		Mindful Meditation Circle* Barry—Studio B *2nd Tuesday of each month		Ballroom Dancing Series (90 min) 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		
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		*NEW* ROOTS & WINGS ALL LEVELS 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/MODERATE YOGA		GENTLE/MODERATE YOGA		PILATES	10:45 AM SUNDAY MORNING YOGA (75 MIN)
10:45 AM	YOGA		YOGA		YOGA		
11:45 AM		MOSTLY JAZZ (90 MIN)		MOSTLY JAZZ (90 MIN)			
12:00 PM	BEGINNER LINE DANCING (75 MIN)		BEGINNER PLUS LINE DANCING (75 MIN)		MOSTLY JAZZ (90 MIN)		
1:30 PM	2:00 PM HEALTHY BACK, HIPS & CORE	TAI CHI	2:00 PM HEALTHY BACK, HIPS & CORE	TAI CHI	2:00 PM HEALTHY BACK, HIPS & CORE		
3:00 PM		INTERMEDIATE LINE DANCING (75 MIN)					
4:30 PM		*NEW* GROUP CENTERGY		*NEW* GROUP CENTERGY			4:00 PM POWER PILATES
5:30 PM	MINDFUL YOGA (75 MIN)	5:40 PM ZUMBA	MINDFUL YOGA (75 MIN)	5:40 PM ZUMBA			5:15 PM (75 MIN) VIN FLOW YOGA
7:00 PM		MINDFUL MEDITATION CIRCLE <i>2nd Tuesday of each month</i>		BALLROOM DANCING \$ PAID CLASS \$			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		
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	STRENGTH & COND (45 MIN)		STRENGTH & COND (45 MIN)		INTERMEDIATE STEP		
10:45 AM	GROUP CENTERGY	<i>Class coming soon!</i>	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 YOGA & BARRE		CARDIO YOGA & BARRE	3:00 PM ZUMBA GOLD			4:00 PM ZUMBA
5:30 PM	GROUP POWER	STRENGTH, MVMNT, & MOBILITY	GROUP POWER	STRENGTH, MVMNT, & MOBILITY	VXN DANCE PARTY <i>3rd Friday of each month</i>		5:15 PM POUND
6:45 PM		RHY & FLOW DANCE		RHY & FLOW DANCE			

SPECIALTY FITNESS—Classes not held in a Fitness Studio

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

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