

WINTER GROUP FITNESS JANUARY 2, 2012-APRIL 1, 2012

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Core Conditioning 5:30-6:00 Amy~Studio C		Core Conditioning 5:30-6:00 Amy~Studio C	Core Conditioning 5:15-5:45 Olivia~Studio C	7:30-8:30 AM Cycling Olivia~Studio A 9:00 AM Step* Rochelle/Olivia/Val~Studio C *4th Saturday = Kickboxing with Melissa 9:00 AM Yoga Emily/Kelly/Kris/Tai~Studio B 9:15-10:00 AM Cycling Melissa & Kelly~Studio A 10:15 AM Group Power Jesse/Olivia/Melissa~Studio C 10:30 AM Zumba Angie~Studio B
5:45 AM	Group Power Olivia~Studio C	Cycling-5:45-6:45 Olivia~Studio A	Group Power Olivia~Studio C	Cycling-5:45-6:45 Olivia~Studio A		
6:00 AM	Cycling-6:00-6:45 Brad~Studio A	Tri Yoga Rob~Studio B	Cycling-6:00-6:45 Brad~Studio A	Tri Yoga Rob~Studio B	Cycling-6:00-6:45 Brad~Studio A	
7:00 AM	Total Fitness Shandra~Studio C		Total Fitness Shandra~Studio C		Total Fitness Shandra~Studio C	
8:15 AM	Gentle Pilates Jessica~Studio C	Building Bones & Balance Cindy~Studio C	Gentle Pilates Jessica~Studio C	Building Bones & Balance Cindy~Studio C	Gentle Pilates Jessica~Studio C	
8:30 AM	Gentle Yoga-8:30-9:45 Kelly~Studio B	Cycling 8:30-9:20 Kyle~Studio A	Gentle Yoga-8:30-9:45 Kelly~Studio B	Cycling 8:30-9:20 Kyle~Studio A	Gentle Yoga-8:30-9:45 Kelly~Studio B	
8:45 AM	Cycling-8:45-9:30 Jenny~Studio A	Circuit Training~Sharon Studio B~Fit Floor	Cycle & Core 8:45-9:40 Kelly Rice~Studio A	Circuit Training~Sharon Studio B~Fit Floor	Cycling-8:45-9:30 Jenny~Studio A	
9:00 AM			Drop-In Circuit Training Marlene~Crossline Rm		Drop-In Circuit Training Marlene~Crossline Rm	
9:15 AM	Step & Strength 9:15-10:30-Rochelle~Studio C	Gentle Abs 9:15-9:30 Cindy~Studio B	Step & Strength 9:15-10:30-Rochelle~Studio C	Gentle Abs 9:15-9:30 Cindy~Studio B	Step & Strength 9:15-10:30-Rochelle~Studio C	
9:20 AM		Group Power Jen~Studio C		Group Power Jen~Studio C		
9:30 AM		Cycling Olivia~Studio A		Cycling Olivia~Studio A		
10:30 AM	Yoga-Kelly~Studio B Continuing Beginner-Intermediate	Pilates Valorie~Studio B	Yoga-Linda~Studio B Continuing Beginner-Intermediate	Pilates Valorie~Studio B	Yoga-Kris~Studio B Beginner-Intermediate	
10:30 AM		Kickboxing (2/14-3/29) Olivia~Studio C		Kickboxing (2/14-3/29) Olivia~Studio C		Sunday
10:45 AM	Group Power Angie~Studio C		Group Power Angie~Studio C			11:30am NIA Leela~Studio C 4:00 PM Group Power Melissa & Mike~Studio C 4:00 PM Pilates Joni/Ann/Tai~Studio B 5:15 PM Zumba Jenna~Studio C 5:15 PM Yoga Kris~Studio B
11:45 AM		Zumba Gold Robbie~Studio C				
11:45 AM	Line Dancing-11:45-1:00 Robbie~Studio B	Mostly Jazz Barbara~Studio B		Mostly Jazz Barbara~Studio B	Mostly Jazz Barbara~Studio B	
12:30 PM	Fit for Life-12:30-2:00 Leela~Studio C		Fit for Life-12:30-2:00 Leela~Studio C		Fit for Life-12:30-2:00 Leela~Studio C	
1:15 PM		Tai Chi Darryla~Studio B		Tai Chi Darryla~Studio B		
5:00 PM	Cycling-5:00-5:30PM Steve~Studio A		Cycling-5:00-5:30PM Steve~Studio A			
5:15 PM	Cardio & Core Studio C~Olivia	Functional Strength~45 min Kylie~Studio C	Cardio & Core Studio C~Olivia	Functional Strength~45 min Kylie~Studio C		
5:30 PM	Yoga-Emily~Studio B Continuing Beginner-Intermediate	Pilates Joni~Studio B	Yoga-Emily~Studio B Continuing Beginner-Intermediate	Pilates Joni~Studio B		
5:30 PM	Circuit Training Cindy~Crossline Rm		Circuit Training Cindy~Crossline Rm			
6:00 PM		Cycle Core-6-7 Kiley~Studio A		Cycle Core-6-7 Kiley~Studio A		
6:05 PM		Zumba Studio C~Jenna		Zumba Studio C~Jenna		
6:20 PM	Group Power Mike~Studio C		Group Power Mike~Studio C			
6:45 PM		Beginning Yoga Kelly~Studio B				
7:00 PM		NIA Leela~Studio C		NIA Leela~Studio C		

Classes averaging less than 10 participants may be removed from schedule.
Questions about classes or scheduling? Contact Jen Humphreys, Group Exercise Director- 541-757-8559 or jen@timberhillac.com

