

# TIMBERHILL ATHLETIC CLUB

## FALL GROUP EXERCISE SCHEDULE • SEP 13<sup>th</sup> – JAN 2<sup>ND</sup>



All classes are first come, first served—Please arrive early to secure your space in class.

|          | MONDAY                                                                               | TUESDAY                                                                                                              | WEDNESDAY                                                                                 | THURSDAY                                                                                                             | FRIDAY                                                                        | SATURDAY                                                                            | SUNDAY                                                            |
|----------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| 5:45 AM  | Cycle 45<br>Steven—Cycle Studio<br>Group Power<br>Francy—Studio C                    | Cycle 45<br>Amber<br>Cycle Studio                                                                                    | Cycle 45<br>Steven—Cycle Studio<br>Group Power<br>Francy—Studio C                         | Cycle 45<br>Amber<br>Cycle Studio                                                                                    | Cycle 45<br>Steven—Cycle Studio<br>Group Power<br>Francy—Studio C             | <div>*NEW* SCHEDULE<br/>CHANGES &amp; ADDITIONS<br/>HIGHLIGHTED IN<br/>ORANGE</div> |                                                                   |
| 7:00 AM  | Total Fitness<br>Rochelle—Studio C<br>Gentle Yoga<br>Karryn—Studio B                 | Group Centergy<br>Joni—Studio C<br>Gentle Yoga Flow<br>(45 min)<br>Amy—Studio B<br>Cycle 45<br>Jenna<br>Cycle Studio | Total Fitness<br>Rochelle—Studio C<br>Gentle Yoga<br>Karryn—Studio B                      | Group Centergy<br>Joni—Studio C<br>Gentle Yoga Flow<br>(45 min)<br>Amy—Studio B<br>Cycle 45<br>Jenna<br>Cycle Studio | Total Fitness<br>Rochelle—Studio C<br>Gentle Yoga<br>Karryn—Studio B          |                                                                                     |                                                                   |
| 8:00 AM  |                                                                                      | Deep Stretch Yin<br>Yoga (65 min)<br>Karryn—Studio B                                                                 |                                                                                           | Roots & Wings Yoga<br>(65 min)<br>Tiffany—Studio B                                                                   |                                                                               |                                                                                     |                                                                   |
| 8:15 AM  | Moderate Yoga<br>(65 min)<br>Joe—Studio B                                            | Strength & Stability<br>Cindy—Studio C                                                                               | Moderate Yoga<br>(65 min)<br>Joe—Studio B                                                 | Strength & Stability<br>Cindy—Studio C                                                                               | Moderate Yoga<br>(65 min)<br>Joe—Studio B                                     | 8:00 AM Yoga<br>Joe—Studio B                                                        | 8:00 AM Group Power<br>Rotating Instructors<br>Studio C           |
| 8:30 AM  | Interval Training<br>(45 min) Jess—Gym<br>Group Power<br>Rebekah—Studio C            | Cycle 45<br>Craig<br>Cycle Studio                                                                                    | Interval Training<br>(45 min) Jess—Gym<br>Group Power<br>Rebekah—Studio C                 | Cycle 45<br>AJ<br>Cycle Studio                                                                                       | Interval Training<br>(45 min) Jess—Gym<br>Group Power<br>Rebekah—Studio C     | 9:15 AM<br>Group Centergy<br>Rotating Instructors<br>Studio B                       |                                                                   |
| 9:20 AM  |                                                                                      | Pilates Core & Align<br>(50 min)<br>Diana—Studio B                                                                   |                                                                                           | Pilates Core & Align<br>(50 min)<br>Diana—Studio B                                                                   |                                                                               | 9:15 AM<br>Zumba/Cardio<br>Dance<br>Michelle M/Mishele<br>M—Studio C                |                                                                   |
| 9:30 AM  | 9:35 AM Pilates<br>Chantal—Studio B                                                  | Group Power<br>Becca—Studio C                                                                                        | 9:35 AM Pilates<br>Chantal—Studio B                                                       | Group Power<br>Becca—Studio C                                                                                        | 9:35 AM Pilates<br>Susan—Studio B                                             | 9:15 AM Cycle 45<br>Rotating Instructors<br>Cycle Studio                            |                                                                   |
| 9:45 AM  | Cycle 45<br>Laura—Cycle Studio<br>Int/Beg Step<br>April—Studio C                     |                                                                                                                      | Cycle 45<br>Laura—Cycle Studio<br>Int/Beg Step<br>April—Studio C                          |                                                                                                                      | Cycle 45<br>Ashley—Cycle Studio<br>Intermediate Step<br>Rochelle—Studio C     |                                                                                     |                                                                   |
| 10:30 AM |                                                                                      | Gentle/Mod Yoga<br>Barry—Studio B                                                                                    |                                                                                           | Gentle/Mod Yoga<br>Barry—Studio B                                                                                    |                                                                               | 10:30 AM Pilates<br>Angie—Studio B                                                  | 10:45 AM<br>Sunday Morning<br>Yoga (75 Min)<br>Amy/Barry—Studio B |
| 10:45 AM | Yoga<br>Joe—Studio B                                                                 |                                                                                                                      | Yoga<br>Karryn—Studio B                                                                   |                                                                                                                      | Yoga<br>Diana—Studio B                                                        |                                                                                     | 11:30 AM<br>Rhythm & Flow Dance<br>Leela—Studio C                 |
| 11:00 AM | Group Centergy<br>Beth—Studio C                                                      |                                                                                                                      | Group Centergy<br>Beth—Studio C                                                           |                                                                                                                      |                                                                               |                                                                                     |                                                                   |
| 11:45 AM |                                                                                      | Mostly Jazz (90 Min)<br>Barbara—Studio B                                                                             |                                                                                           | Mostly Jazz (90 Min)<br>Barbara—Studio B                                                                             |                                                                               |                                                                                     |                                                                   |
| 12:00 PM | Beg Line Dancing<br>(75 min)<br>Elaine—Studio B<br>12:15 PM Fit45<br>Carter—Studio C | 12:15 PM<br>Precision Pilates<br>Chelsie—Studio C                                                                    | Improver Line<br>Dancing (75 min)<br>Elaine—Studio B<br>12:15 PM Fit45<br>Carter—Studio C | 12:15 PM<br>Precision Pilates<br>Chelsie—Studio C                                                                    | Mostly Jazz (90 min)<br>Barbara—Studio B<br>12:15 PM Fit45<br>Carter—Studio C | 12:00 PM<br>Line Dancing<br>(90 min)<br>Robbie—Studio B                             |                                                                   |
| 1:30 PM  |                                                                                      | Tai Chi<br>Joe—Studio B                                                                                              |                                                                                           | Tai Chi<br>Joe—Studio B                                                                                              | Qigong<br>Linda—Studio C                                                      |                                                                                     | 1:00 PM Hula (90min)<br>Linda—Studio C                            |
| 2:00 PM  | Healthy Back, Hips &<br>Core (75 min)<br>Alex—Studio B                               |                                                                                                                      | Healthy Back, Hips &<br>Core (75 min)<br>Alex—Studio B                                    |                                                                                                                      | Healthy Back, Hips &<br>Core (75 min)<br>Alex—Studio B                        |                                                                                     | 4:00 PM<br>Power Pilates<br>Michelle—Studio B                     |
| 3:00 PM  |                                                                                      | Dynamic Stretching<br>Georgia—Studio B                                                                               |                                                                                           | Dynamic Stretching<br>Georgia—Studio B                                                                               |                                                                               |                                                                                     |                                                                   |
| 4:00 PM  |                                                                                      | Int Line Dancing<br>Robbie—Studio C                                                                                  |                                                                                           |                                                                                                                      |                                                                               |                                                                                     |                                                                   |
| 4:30 PM  | 4:15 Group Groove<br>Francy—Studio C                                                 | Group Centergy<br>Wendy—Studio B                                                                                     | 4:15 Group Groove<br>Francy—Studio C                                                      | Group Centergy<br>Wendy—Studio B                                                                                     |                                                                               |                                                                                     |                                                                   |
| 5:00 PM  | Cycle 45<br>AJ—Cycle Studio                                                          |                                                                                                                      | Cycle 45<br>AJ—Cycle Studio                                                               |                                                                                                                      |                                                                               |                                                                                     | 5:15 PM Vinyasa<br>Flow Yoga (75 min)<br>Joe—Studio B             |
| 5:30 PM  | Mindful Yoga<br>(75 min)<br>Priscilla—Studio B<br>Group Power<br>Wendy—Studio C      | Functional Strength<br>Raiden—Studio C<br>Cycle<br>Ashley—Cycle<br>Studio                                            | Mindful Yoga<br>(75 min)<br>Joe—Studio B<br>Group Power<br>Wendy—Studio C                 | Functional Strength<br>Raiden—Studio C<br>Cycle<br>Ashley—Cycle<br>Studio                                            |                                                                               |                                                                                     |                                                                   |
| 5:40 PM  |                                                                                      | Zumba<br>Michelle—Studio B                                                                                           |                                                                                           | Zumba<br>Michelle—Studio B                                                                                           | 6:00 PM Pound<br>Kahea—Studio C<br>2nd & 4th Fridays only                     |                                                                                     | 6:30 PM Guided<br>Meditation (15 min)<br>Joe—Studio B             |
| 6:45 PM  |                                                                                      | Rhythm & Flow Dance<br>Leela—Studio C<br>7:00 PM Deep Relax<br>Meditation<br>Tina—Studio B                           |                                                                                           | Rhythm & Flow Dance<br>Leela—Studio C                                                                                |                                                                               |                                                                                     |                                                                   |

**ALL CLASSES ARE 60 MINUTES UNLESS OTHERWISE NOTED**

\*Please note, children 8-12 must be accompanied by a parent; children 12-15 may participate in strength training classes with a parent

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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 |                         |        |
| 7:00 AM |              | CYCLE 45 MIN |              | CYCLE 45 MIN |              |                         |        |
| 8:30 AM |              | CYCLE 45 MIN |              | CYCLE 45 MIN |              | 9:15 AM<br>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 FLOW                 | GENTLE YOGA                                       | GENTLE YOGA FLOW                 | GENTLE YOGA                                       |                           |                                                |
| 8:00 AM  |                                                   | DEEP STRETCH<br>YIN YOGA         |                                                   | ROOTS & WINGS<br>ALL LEVELS YOGA |                                                   | YOGA                      |                                                |
| 8:15 AM  | MODERATE YOGA                                     |                                  | MODERATE YOGA                                     |                                  | MODERATE YOGA                                     |                           |                                                |
| 9:20 AM  |                                                   | PILATES CORE &<br>ALIGN (50 MIN) |                                                   | PILATES CORE &<br>ALIGN (50 MIN) |                                                   | 9:15 AM<br>GROUP CENTERGY |                                                |
| 9:35 AM  | PILATES                                           |                                  | PILATES                                           |                                  | PILATES                                           |                           |                                                |
| 10:30 AM |                                                   | GENTLE/MODERATE<br>YOGA          |                                                   | GENTLE/MODERATE<br>YOGA          |                                                   | PILATES                   | 10:45 AM<br>SUNDAY MORNING<br>YOGA<br>(75 MIN) |
| 10:45 AM | YOGA                                              |                                  | YOGA                                              |                                  | YOGA                                              |                           |                                                |
| 11:45 AM |                                                   | MOSTLY JAZZ<br>(90 MIN)          |                                                   | MOSTLY JAZZ<br>(90 MIN)          |                                                   |                           |                                                |
| 12:00 PM | BEGINNER LINE<br>DANCING<br>(75 MIN)              |                                  | IMPROVER<br>LINE DANCING<br>(75 MIN)              |                                  | MOSTLY JAZZ (90 MIN)                              | LINE DANCING<br>(90 MIN)  |                                                |
| 1:30 PM  | 2:00 PM<br>HEALTHY BACK, HIPS,<br>& CORE (75 MIN) | TAI CHI                          | 2:00 PM<br>HEALTHY BACK, HIPS,<br>& CORE (75 MIN) | TAI CHI                          | 2:00 PM<br>HEALTHY BACK, HIPS,<br>& CORE (75 MIN) |                           |                                                |
| 3:00 PM  |                                                   | DYNAMIC STRETCHING               |                                                   | DYNAMIC STRETCHING               |                                                   |                           |                                                |
| 4:30 PM  |                                                   | 4:30 PM<br>GROUP CENTERGY        |                                                   | 4:30 PM<br>GROUP CENTERGY        |                                                   |                           | 4:00 PM<br>POWER PILATES                       |
| 5:30 PM  | MINDFUL YOGA<br>(75 MIN)                          | 5:40 PM<br>ZUMBA                 | MINDFUL YOGA<br>(75 MIN)                          | 5:40 PM<br>ZUMBA                 |                                                   |                           | 5:15 PM (75 MIN)<br>VIN FLOW YOGA              |
| 6:30 PM  |                                                   |                                  |                                                   |                                  |                                                   |                           | GUIDED MEDITATION<br>(15 MIN)                  |
| 7:00 PM  |                                                   | DEEP RELAX<br>MEDITATION         |                                                   |                                  |                                                   |                           |                                                |

### 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  | GROUP CENTERGY                | TOTAL FITNESS  | GROUP CENTERGY                | TOTAL FITNESS                                               |                        |                                                          |
| 8:15 AM  |                | STRENGTH &<br>STABILITY       |                | STRENGTH &<br>STABILITY       |                                                             | 8:00 AM<br>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  | INT/BEG STEP   |                               | INT/BEG STEP   |                               | INTERMEDIATE STEP                                           |                        |                                                          |
| 11:00 AM | CENTERGY       |                               | CENTERGY       |                               |                                                             |                        |                                                          |
| 12:00 PM | 12:15 PM FIT45 | 12:15 PM<br>PRECISION PILATES | 12:15 PM FIT45 | 12:15 PM<br>PRECISION PILATES | 12:15 PM FIT45                                              |                        | 11:30 AM<br>RHY & FLOW DANCE<br>1:00 PM HULA (90<br>MIN) |
| 1:30 PM  |                |                               |                |                               | QIGONG (75 MIN)                                             |                        |                                                          |
| 4:15 PM  | GROUP GROOVE   | 4 PM INT LINE<br>DANCING      | GROUP GROOVE   |                               |                                                             |                        |                                                          |
| 5:30 PM  | GROUP POWER    | FUNCTIONAL<br>STRENGTH        | GROUP POWER    | FUNCTIONAL<br>STRENGTH        | 6:00 PM POUND<br>2 <sup>nd</sup> & 4 <sup>th</sup> Fri only |                        |                                                          |
| 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 (45 MIN) |         | INT TRAINING—GYM (45 MIN) |          | INT TRAINING—GYM (45 MIN) |

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