TIMBERHILL ATHLETIC CLUB

THERAPY POOL SCHEDULE
FALL SCHEDULE • SEPT 13th — JAN 2ND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Therapy 5:00 – 9:00 AM	**Therapy** 5:00 – 9:00 AM	**Therapy** 5:00 – 9:00 AM	**Therapy** 5:00 – 9:00 AM	**Therapy** 5:00 – 9:00 AM	**Therapy** 7:00 – 10:00 AM	**Therapy** 7:00 – 10:00 AM
Water Fitness Blast 9:00 – 9:55 AM *Maya*	**Water Fitness Blast** 9:00 – 9:55 AM *Kate*	**Water Fitness Blast** 9:00 – 9:55 AM *Kate*	**Water Dance Fitness** 9:00 – 9:55 AM *Beth*	**Water Dance Fitness** 9:00 – 9:55 AM *Beth*	**Water Babies & Kids** 10:00 – 2:00 PM	**Swim Lessons** 10:00 – 2:00 PM
Water Wellness 10:00 – 10:55 AM *Maya*	**Water Wellness** 10:00 – 10:55 AM *Kate*	**Water Wellness** 10:00 – 10:55 AM *Kate*	**Water Wellness** 10:00 – 10:55 AM *Maya*	**Water Wellness** 10:00 – 10:55 AM *Tekla*		
Joints in Motion 11:00 – 11:55 AM *Judy*	**Aqua Fusion** 11:00 – 11:55 AM *Heather H.*	**Joints in Motion** 11:00 – 11:55 AM *Kate*	**Aqua Fusion** 11:00 – 11:55 AM *Tekla*	**Aqua Fusion** 11:00 – 11:55 AM *Heather H.*	**Family Swim** 2:00 - 5:00 PM	
Therapy 12:00 – 3:00 PM	**Therapy** 12:00 – 3:00 PM	**Therapy** 12:00 – 3:00 PM	**Therapy** 12:00 – 3:00 PM	**Therapy** 12:00 – 3:00 PM		**Family Swim** 2:00 - 5:00 PM
Swim Lessons 3:00 – 7:00 PM	**Swim Lessons** 3:00 – 7:00 PM	**Swim Lessons** 3:00 – 7:00 PM	**Swim Lessons** 3:00 – 7:00 PM	**Swim Lessons** 3:00 – 6:30 PM		
				Family Swim 6:30 - 8:30 PM	**Therapy** 5:00 - 7:00 PM	**Therapy** 5:00 - 7:00 PM
Therapy 7:00 - 10:00 PM	**Therapy** 7:00 - 10:00 PM	**Therapy** 7:00 - 10:00 PM	**Therapy** 7:00 - 10:00 PM	**Therapy** 8:30 - 10:00 PM		

Family Swim: Recreational swim for parents and children. Anyone under age 14 must be accompanied by an adult. All family swim participants must be active members of Timberhill Athletic Club (monthly, weekly, or single-day membership required).

Swim lessons for registered participants.

Water Babies: This class is offered to children ages 6 months to 3 years and their parents. We sing songs and play games to teach the basics of water adjustment, safety, and swimming techniques. Fall session will be starting on September 22nd.

Water Kids: This class is offered to children ages 2.5 to 4 years and their parents and is a transition class from water babies to swim lessons. A parent will need to accompany the child in the pool. Fall session will be starting on September 22nd.

Therapy: Therapy exercises, walking, slow lap swimming, and stretching only. Members 18 and older are welcome during this time.

Water Fitness Blast: Make a splash with this energetic, full-body water workout! This dynamic class combines aerobic movements, low impact intervals, and cardio bursts to keep you moving. You'll use hand buoys and pool noodles for resistance exercises while improving balance, flexibility, and range of motion. With customizable movement options, this class is perfect for all fitness levels. Expect a fun, pain-free workout that leaves you feeling strong and refreshed!

Water Wellness: Refresh and recharge with this low-impact, full-body water workout! This gentle yet effective class features smooth-flowing movements, resistance exercises with hand buoys, and guided stretching to enhance strength, flexibility, and mobility. With a focus on controlled, supportive movements, Water Wellness is perfect for beginners, those recovering from injury, or anyone seeking a therapeutic approach to water fitness. Enjoy a safe, pain-free workout that leaves you feeling balanced, strong, and rejuvenated!

Water Dance Fitness: This fun class consists of movement set to upbeat and uplifting music. The dance steps will leave you feeling energized and the cardio and resistance exercises will leave you feeling fit and strong. We start with warmup, move into a higher impact cardio workout, use buoys for resistance training and end with a cool down and stretch. Participants are welcome to adapt their movement and steps as desired for their own mobility needs.

Joints in Motion: Move and strengthen your body with this low-impact, therapeutic class designed for individuals with arthritis or other joint concerns. Through guided walking, stretching, and controlled movements—including gentle or moderate variations of standard exercises like jumping jacks—you'll improve mobility, flexibility, and overall joint health in a supportive aquatic environment. This lighter workout allows each participant to move at their own pace, ensuring comfort and ease while promoting strength and well-being. Perfect for all fitness levels.

Aqua Fusion: Yoga postures and Pilates exercises combine in the water to create Aqua Fusion, a class designed to enhance strength, flexibility, balance, and relaxation. This low-impact workout focuses on building a stronger core from the inside out while promoting muscle engagement through mindful, controlled movements. Using props such as balls, stretch bands, anmore, participants will improve balance, deepen stretches, and add gentle resistance to their exercises. Aqua Fusion offers a rejuvenating experience suitable for all fitness levels, allowing each individual to move at their own pace.

For information regarding aquatics classes, contact Becca Reeve at groupfit@timberhillsports.com
For information about swim lessons, contact Dave Sullivan at swim@timberhillsports.com

TIMBERHILL ATHLETIC CLUB

LAP POOL SCHEDULE
FALL SCHEDULE • SEPT 13th — JAN 2ND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All Workout 5:00AM–8:30AM		**All Workout** 5:00AM –8:30AM		**All Workout** 5:00AM – 8:30AM	**All Workout** 7:00AM – 8:30AM	
Hydro-Fit 8:30AM–9:30AM *Suzanne*	**All Workout** 5:00AM–10:00AM	**Hydro-Fit** 8:30AM–9:30AM *Suzanne*	**All Workout** 5:00AM – 10:00AM	**Hydro-Fit** 8:30AM–9:30AM *Tekla*	**Hydro-Fit & Aqua Intervals** 8:30 –9:30AM *Heather L/Davida*	
	Hydro-Fit 10:00AM – 10:45AM *Tekla*		**Hydro-Fit** 10:00AM – 10:45 AM *Tekla*			
All Workout 9:30AM–10:00PM	**All Workout** 10:45AM–10:00PM	**All Workout** 9:30AM–10:00PM	**All Workout** 10:45AM – 10:00PM	**All Workout** 9:30AM–10:00PM	**All Workout** 9:30AM–7:00PM	**All Workout** 7:00AM–7:00PM

All Workout: Members ages 8 and older may walk/swim laps or do therapy exercises. An adult must accompany children ages 8-14 years of age. Under 8 not permitted at this time unless in swim lessons.

Hydro-Fit: A deep water, non-impact, high energy class. Float belts around your waist keep you buoyant and increase your lower body resistance. Hand buoys and water gloves are provided for upper body resistance and help to isolate abdominal muscles. The class sequence includes warm-up, aerobic phase, upper/lower body and abdominal exercises, stretching, and cool down.

Aqua Intervals: a high-energy water workout that blends bursts of cardio and strength exercises with active recovery periods. This class uses the natural resistance of water to enhance endurance, build muscle, and improve overall fitness—all while being easy on the joints. Perfect for all fitness levels!

***Hydro-Fit and Aqua Intervals classes will occupy lanes four and five and occasionally lane three if there are eight or more class participants.**