



Timbers Fit Class Calendar November

MONDAY

- Cycling (Nicole), Timbers Studio 1**
5:15 - 6:10 a.m.
- Boot Camp (Amy), Timbers Gym**
5:15 - 6:10 a.m.
- Yoga Deep Stretch (Jerel), Timbers Studio 2**
8:30 - 9:25 a.m.
- Basic Strength (Jody), Timbers Gym**
9:30 - 10:25 a.m.
- Senior Strength (Katie), Timbers Mtg Room**
10:30 - 11:25 a.m.
- Tabata (Sam), Studio 2**
6:30 - 7:25 p.m.

TUESDAY

- Cycling (Whitney), Timbers Studio 1**
5:15 - 6:10 a.m.
- Strength Training (Shari), Timbers Studio 2**
8:00 - 8:55 a.m.
- Cycling (Sam), Timbers Studio 1**
9:30 - 10:25 a.m.
- SS Classic (Sam), Timbers Mtg Room**
10:30 - 11:25 a.m.
- Zumba Gold (Nancy), Community Center**
10:30 - 11:25 a.m.
- Low Impact Cardio (June), Timbers Mtg Room**
2:00 - 2:55 p.m.
- Zumba (Jody), Community Center**
6:30 - 7:25 p.m.

WEDNESDAY

- Cycling (Nicole), Timbers Studio 1**
5:15 - 6:10 a.m.
- Cardio Conditioning (Amber), Timbers Studio 2**
7:30 - 8:25 a.m.
- Beginners Step (June), Community Center**
8:45 - 9:40 a.m.
- Basic Strength (Jody), Timbers Gym**
9:30 - 10:25 a.m.
- Senior Cardio Fit (Katie), Timbers Mtg Room**
10:30 - 11:25 a.m.
- Cycling (Sam), Timbers Studio 1**
5:00 - 5:55 p.m.
- Modern Step (Sam), Timbers Studio 2**
6:30 - 7:25 p.m.

THURSDAY

- Cycling (Whitney), Timbers Studio 1**
5:15 - 6:10 a.m.
- Boot Camp (Amy), Timbers Gym**
5:15 - 6:10 a.m.
- Strength Training (Shari), Timbers Studio 2**
8:00 - 8:55 a.m.
- Cycling (Sam), Timbers Studio 1**
9:30 - 10:25 a.m.
- SS Classic (Sam), Timbers Mtg Room**
10:30 - 11:25 a.m.
- Zumba Gold (Nancy), Community Center**
10:30 - 11:25 a.m.

FRIDAY

- Cycling (Nicole), Timbers Studio 1**
5:15 - 6:10 a.m.
- Cardio Kick (Amber), Timbers Studio 2**
7:30 - 8:25 a.m.
- Yoga (Jerel), Timbers Studio 2**
8:30 - 9:25 a.m.
- Beginners Step (June), Community Center**
9:30 - 10:25 a.m.
- Basic Strength (Jody), Timbers Gym**
9:30 - 10:25 a.m.
- Senior Yoga (June), Timbers Mtg Room**
10:30 - 11:25 a.m.

SATURDAY

- Pound® (Jody), Timbers Gym**
8:00 - 8:45 a.m.
- Yoga (Kirsten), Timbers Studio 2**
8:00 - 8:55 a.m.

Tuesday 5:15 a.m. Boot Camp will be moving to Monday 5:15 a.m. from November 1 - December 5th.

Reservations for all cycling classes can be made 24 hours in advance.

- Classes will be held at The Timbers (1 Coffey Park Lane) or at the Eureka Community Center (333 Bald Hill Road in Legion Park).
- All classes have limited capacity and are on a first come first serve basis.
- Schedule is subject to change and will be updated as needed.
- Class Fees: Members - Free, Residents - \$6.00, Non-Residents - \$7.00

CLASS DESCRIPTIONS

Basic Strength - Jody (Mon/Wed/Fri 9:30 am), Timbers Gym

Strength training for the whole body. Gain strength, endurance and flexibility. Levels for beginner and advanced. A great supplement to your cardio workout!

Beginner Step - June (Wed 8:45 am, Fri 9:30 am), Community Center

Get comfortable using a step platform while still getting a great calorie burn! No prior step experience required. Ab and toning work at the end of class makes for a well rounded class.

Boot Camp - Amy B. (Mon/Thu 5:15 am) Timbers Gym

This strength training/cardio workout offers new, fun and interesting ways to build lean muscle, burn calories and get stronger by doing circuit training, super set/tri set strength, intervals and more. Be pushed to your limit, yet encouraged to do your best.

Cardio Conditioning - Amber (Wed 7:30 am), Timbers Studio 2

A 55 minute class that includes 40 minutes of High Cardio, 10 minutes of Core and a 5 minute cool down.

Cardio Kick - Amber (Fri 7:30 am), Timbers Studio 2

Fitness workouts combine the beat of energetic music, enhancing your strength, speed, balance and mental awareness. It is a great total body workout for all levels and all ages.

Cycling - Nicole (Mon/Wed/Fri 5:15 am)

Whitney (Tue/Thu 5:15 am)

Sam (Tue/Thu 9:30 am & Wed 5:00 pm)

Katie (Sat 8:00 am)

Timbers Studio 1

Designed for all fitness levels, instructors will guide you through a warm-up, steady up-tempo cadences, sprints, climbs and a cool-down. You control your speed and resistance. New participants should arrive 15 minutes before class for bike adjustment.

Low Impact Cardio - June (Tue 2:00 pm) Timbers Meeting Room 2

Great cardio workout with light impact. Good for heart conditioning and coordination. Light abs and stretch at the end.

Modern Step - Sam (Wed 6:30 pm), Timbers Studio 2

Combining cardio and strength training, this is a HIGH calorie burning class. All fitness levels welcome. No prior experience needed.

Pound® - Jody (Sat 8:00 am) Timbers Gym

Pound® is a full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Using Ripstix, lightly weighted drumsticks, Pound® transforms drumming into an incredibly effective and fun way of working out. This class is 45 min. Please bring your own mat (required), Ripstix are supplied.

Senior Cardio Fit - Katie (Wed 10:30 am) Timbers Meeting Room 2

Get moving to the music in this fun fast-paced cardio workout. Hand-weights and chairs are used to get your heart rate moving. A chair is provided for support if needed and suggestions are given to modify intensity if desired. Please bring a small hand towel and a bottle of water to class.

Senior Strength - Katie (Mon 10:30 am) Timbers Meeting Room 2

A fun full body workout using hand-weights and chairs. A chair is provided for support if needed and suggestions are given to modify intensity if desired. Please bring a small hand towel and a bottle of water to class.

Senior Yoga - June (Fri 10:30 am), Timbers Meeting Room 2

Senior Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Please bring a small hand towel and a bottle of water to class.

SilverSneakers® Classic - Sam (Tue/Thu 10:30 am), Timbers Meeting Room 2

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, and a ball are offered for resistance. A chair is available if needed for seated or standing support. Please bring a small hand towel and a bottle of water to class.

Strength Training - Shari (Tue/Thu 8:00 am), Timbers Studio 2

A full body workout to strengthen and build endurance. For all levels of fitness.

Tabata - Sam (Mon 6:30 pm), Timbers Studio 2

Tabata is done with a number of exercises. The idea is to use an exercise that gets the whole body involved.

Yoga Deep Stretch - Jerel (Mon 8:30 am), Timbers Studio 2

Connect body and mind to breathe, hold stationary poses (optional additional movements.) No experience needed, all levels welcome! Build from the ground up, and watch your progress grow. Tap into deeper muscle tissue by holding poses for up to a minute. Super accessible and very relaxing. Great class if you are looking to feel good, without breaking a big sweat. Mats are not included, please bring your own mat or blanket/pillow/accessories to help you create a comfortable environment.

Yoga - Jerel (Fri 8:30 am), Kirsten (Sat 8:00 am) Timbers Studio 2

Using the breath we will facilitate muscle elongation, strength work, and special awareness for a greater sense-of-balance and direction, physically and energetically. Some yoga experience recommended. Students will build upon yoga basics to establish a more fluid practice. Mats are not provided, please bring your own. Sticky mat is suggested along with a medium sized towel or blanket.

Zumba® - Jody (Tue 6:30 pm) Eureka Community Center

Zumba® is dance fitness created for every body! Designed to bring people together for a fun, effective, exercise in disguise. Latin based and international music combining low intensity with high intensity for an interval style dance party! It takes the "work" out of workout.

Zumba Gold® - Nancy (Tue/Thu 10:30 am) Community Center

A lower impact Zumba class with modified moves set to international rhythms. Perfect for beginners, seniors or those who feel out of shape and want to start slowly. Wear comfortable workout clothes and shoes. Please bring a small hand towel and a bottle of water to class.