



GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	Boot Camp With Garrett	Boot Camp with Dean	Boot Camp with Garrett			
8:30 am			Reformer/ Chair Pilates with Jeff			
9:00 am						Circuit Training with Garrett
9:30 am	Spinning with Russell	Reformer/ Chair Pilates with Sara	Reformer/ Chair Pilates with Jeff	Spinning with Russel	Circuit Training with Dean	
9:30 am					Reformer/ Chair Pilates with Jeff	
10:00 am				Reformer/ Chair Pilates with Jennifer		Reformer/ Chair Pilates with Jennifer
10:30 am					Reformer/ Chair Pilates with Jeff	
5:45 pm	Reformer/ Chair Pilates with Sara					

Questions?

Text an Instructor:

Jeff Raben: 713-870-8767
 Russell Shelby: 832-922-3974
 Dean Theriot: 832-640-1473
 Garrett Theriot: 337-296-6559
 Jennifer Theriot: 386-338-4664
 Sara Theriot: 832-628-5703



CLASS DESCRIPTIONS

Boot Camps: 60 minutes. Intense circuit style sessions combining cardio and strength/resistance training. Focused on fat loss and toning. \$30 per class with 4 week commitment. \$41/class for drop-ins

Saturday Circuit Training with Dean: 60 minutes. Varied full-body workout, combining strength training and cardio intervals. No appointment needed. Drop-in only. \$45 per class.

Sunday Circuit Training with Garrett: 60 minutes. Varied full-body workout, combining strength training and cardio intervals. \$41-\$46, based on class size. Contact Garrett to sign up.

Pilates, Reformer/Chair Series:* 55 minutes. Please see our Pilates Program Brochure for a detailed description of this program. Drop-ins: \$43 per class. Drop-in when already enrolled in a series: \$35 per class. 6-week group Reformer/Chair series: 1x/week \$210, or 2x/week \$420.

Spinning: 55 minutes. Intense, focused, instructor-led riding on our Star Trac spin bikes. Music and motivation included! \$26 per class

Stretch Class: 30 minutes. Guided stretching and foam rolling for flexibility, exercise recovery and overall wellness. \$18 per class.

**Important note regarding Reformer/Chair Series Pilates: A one time, one-on-one Pilates training session must be completed with one of our Pilates instructors prior to signing up for Reformer/Chair group classes.*

Group Exercise Schedule also available on-line at www.timberlinefitness.com

Matt Pilates: 60 minutes. Incorporates bands, balls, rings and body weight. \$20 per class

Boxing: 60 minutes of intense boxing circuit training. Focused on endurance, body fat loss and toning. \$28 per class

Fifty + Strength Training: 45 minutes. Introduction (and maintenance) weight and resistance training for adults who are 50 and over. \$29 per class or \$320 for 12-class pre-pay

Hatha Yoga & Yoga for Beginners: 60 minutes. Yoga for all levels. \$20 per class

Class schedule for Reformer/Chair Pilates available on line only.