

Towers C.C. Group Fitness Schedule January 2022

Note: New/Changes in Yellow

Please note: Please watch for changes as we slowly and carefully reopen our group fitness classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	REFORMER CLASSES
7:30 - 8:30 am Below the Belt Cari		7:30 - 8:30 am Body Conditioning Loretta		7:30 - 8:30 am Body Conditioning Loretta	8:00 - 9:00 am Cardio Jam/Step Tammy		MONDAYS 8:30 am - Intermediate 9:20 am - Beginner/Intermediate
8:30 - 9:15 am Cardio Dance Mary Grace	9:00 - 10:00 am Mat Yoga Helena	9:00 - 10:00 am Hi/Low Plus Nicole		8:30 - 9:15 am Cardio Dance/Plus Mary Grace	9:00 - 10:00 am Body Blast Tammy	9:00 - 10:00 am Half & Half Nicole	THURSDAYS 9:00 am - Beginner 9:50 am - Special Population
10:15 - 11:15 am Aqua Loretta	10:15 - 11:15 am Aqua Helena	10:15 - 11:15 am Aqua Loretta	9:00 - 10:00 am Body Sculpt Nicole	9:15-10:15 am Body Sculpt Mary Grace	10:15 - 11:15 am Aqua Jeneanne		We ask that the 2nd class each day wait by the area near the tv until the 1st class finishes to avoid disruption.
9:15 - 10:15 am Body Sculpt Mary Grace							Procedures: 1 session per member per week. \$10 charge for add'l session if available.
10:15 - 11:15 am This & That Mary Grace	10:15 - 11:15 am Feel the Beat! Cari	10:30 - 11:30 am Light n' Lively Samantha	10:30 - 11:30am Stretch for Men Anthony	10:30 - 11:30 am This & That Phyllis	10:15 - 11:15 am Stretch Tammy	10:15 - 11:15 am 2021 Strong Cari	Sign up begins each Thurs. at 5 pm for the following week
12:00 - 1:00 pm Ballroom Dancing Mary Grace						11:30 - 12:30 pm Zumba Vicke/Jackie	Either come or call the Front Desk @ 718-428-5030 ext 0.
3:00 - 4:00 pm Pilates Stretch Samantha	3:00 - 4:00 pm Chair Yoga Helena	3:00 - 4:00 pm Chair Yoga Helena		3:00 - 4:00 pm Chair Yoga Mia		Please Note: On Sun., Jan. 24th Cari will do a gym orientation at 11:30 am. Come to the gym and learn how to use the equipment.	Call the Front Desk to cancel a session by 5 pm the day before to avoid a \$10 cancellation fee.
4:00 - 5:00 pm Meditation Mia			4:00 - 5:00 pm Strengthen & Stretch Tammy				Switching with a member is not allowed
7:00 - 8:00 pm Cardio Kickboxing Tammy	6:00 - 7:00 pm Israeli Dancing Alan Bloom		7:00 - 8:00 pm Line Dancing Rose				No-shows will be charged a \$10 fee.

Fitness Class Reminders

Please note: All Towers Country Club employees are vaccinated.

1. Please bring a towel if you are using TCC floor mat.
2. Please wipe equipment after use and return to proper place.
3. Please be courteous - no cell phone use during class.

4. Instructor's directives must be adhered to at all times.
5. Aqua classes - masks may not be worn when in the water.

