




Towers CC Group Fitness Schedule - May 2022 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
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	
8:30 - 9:15 am Cardio Dance Mary Grace	9:00 - 10:00 am Mat Yoga Helena	9:00 - 10:00 am Standing Room Only 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
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	 No one else is going to do it for you
9:15 - 10:15 am Body Sculpt Mary Grace						
10:15 - 11:15 am This & That Phyllis	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
11:15 am - 12:15 pm Ballroom Dancing Mary Grace						11:30 - 12:30 pm Zumba Vicke/Jackie
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: Sunday, May 15th Cari will do a gym orientation at 11:30 am. Come to the gym and learn how to use the equipment.
4:00 - 5:00 pm Meditation Mia	6:00 - 7:00 pm Israeli Dancing Alan Bloom		4:00 - 5:00 pm Strengthen & Stretch Tammy			
7:00 - 8:00 pm Cardio Kickboxing Tammy	7:00 - 8 pm Zumba Vicke/Miriam		7:00 - 8:00 pm Line Dancing Rose			

REFORMER CLASSES

MONDAYS - MARIA

8:30 am - Intermediate
9:20 am - Intermediate

WEDNESDAY EVENINGS - GEORGE

6 pm - Beginner
6:50 pm - Beg/Int

THURSDAYS - MARIA

8:10 am - Intermediate/Advanced
9:00 am - Beginner
9:50 am - Special Population

SATURDAYS - GEORGE

7:30 am - Beg/Int
8:20 am - Beg/Int

We ask that the 2nd class each day wait by the area near the tv until the 1st class finishes to avoid disruption.

Procedures:

1 session per member per week
\$10 charge for additional class if available.

Sign up begins each Thursday at 5 pm for the following week.
Sign up in person at the Front Desk or call @
@ 718-428-5030 ext 0.

Call the Front Desk to cancel by 5 pm the day before to avoid a \$10 cancellation fee.
Switching with a member is not allowed
No-shows will be charged a \$10 fee.

REMINDERS:

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.
- Please Note: All Towers CC employees are vaccinated.**

