

# Towers CC Group Fitness Schedule - November

New Classes

60 Minutes Classes

Aqua Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am - 8:20am Below the Belt Cari		7:30am - 8:20am Body Conditioning Cari		7:30am - 8:20am Circuit Training Cari		
8:30am - 9:20am Cardio Dance Mary Grace			8:30am - 9:20am Zumba® Miriam	8:30am - 9:20am Cardio Dance/Plus Mary Grace	8:00am - 8:50am Cardio Jam/Step Tammy	
9:30am - 10:20am Body Sculpt Mary Grace	9:30am - 10:20am Mat Yoga Helena	9:30am - 10:20am Standing Room Only Nicole	9:30am - 10:20am Body Sculpt Nicole	9:30am - 10:20am Body Sculpt Mary Grace	9:00am - 9:50am Body Blast Tammy	9:00am - 9:50am Half & Half Nicole
10:30am - 11:30am Ballroom Dancing Mary Grace	10:30am - 11:20am Feel the Beat! Cari	10:30am - 11:20am Light n' Lively Samantha	10:30am - 11:20am Corrective & Mobility Anthony	10:30am - 11:20am Fab & Fit Jacqueline	10:00am - 10:50am Stretch Tammy	10:00am - 10:50am Studio Sampler Cari
10:30 - 11:20 am Aqua Fit CariAnn	10:30 - 11:20 am Aqua Fit Helena	10:30am - 11:20am Aqua Fit CariAnn			10:30am - 11:20am Aqua Fit Jeneanne	11:00am - 11:50am Zumba® Vicke
	3:00pm - 3:50pm Chair Yoga Helena	3:00pm - 3:50pm Chair Yoga Helena		3:00pm - 3:50pm Chair Yoga Mia		
4:00pm - 4:50 pm Meditation Mia			4:00pm - 4:50 pm Strengthen & Stretch Tammy			
6:00pm - 6:50pm Cardio Dance CariAnn	6:00pm - 7:00pm Israeli Dancing Alan Bloom	6:00pm - 6:50pm Zumba® CariAnn	5:30pm - 6:30pm Tai Chi/Self Defense Spenser			
7:00pm - 7:50pm Cardio Kickboxing Tammy	7:00pm - 7:50pm Zumba® Vicke	7:00pm - 7:50pm Bootcamp CariAnn	7:00pm - 8:00pm Line Dancing Rose			

## REFORMER CLASSES

### MONDAY

8:30am - 9:20am - Intermediate (Maria)  
9:30am - 10:20am - Intermediate (Maria)

### TUESDAY

9:30am - 10:20am - Intermediate (Danielle)

### WEDNESDAY

11:30am - 12:20pm - Intermediate (Samantha)

6:00pm - 6:50pm - Beginner (George)  
7:00pm - 7:50pm - Intermediate (George)

### THURSDAY

8:30am - 9:20am Intermediate /Advanced (Maria)  
9:30am - 10:20am - Beginner (Maria)  
10:30am - 11:20am Special Population (Maria)

1 Free Session Per Member Per Week  
\$10 for each additional class

Sign Up begins each Thursday at 5pm  
for the following week, for both Free & Paid sessions.  
Sign up in person at the Front Desk or call  
718-428-5030 ext. 0

Cancellations must be made 4 hours prior in order to give those on the waitlist adequate notice that they have been added to the class. All cancellations must be made by 9pm the night before for classes that are scheduled before 11am. Late cancellations or no shows, shall result in the loss of that class.



## REMINDERS:

1. Please clean and return all used equipments.
2. Please be courteous - no cell phone use during class.
3. Please adhere to Instructor's directives during class.

Our Schedule is NOW on BuildingLink under Calendar