

# TCC - 2023 Fitness Schedule

New Classes

60 Minutes Classes

Aqua Classes

## REFORMER CLASSES

### MONDAY

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

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

9:30am - 10:20am - Special Population (Maria)

### TUESDAY

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

### WEDNESDAY

8:30am - 9:20am - Intermediate /Advanced (Patti)

11:30am - 12:20pm - Beginner (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 - Special Population (Maria)

10:30am - 11:20am Beginner / Intermediate (Patti)

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

### SATURDAY

7:30am - 8:20am - Beginner / Intermediate (George)

8:30am - 9:20am - Beginner / Intermediate (George)

### Policy for Reformer Classes

\$10 for each reformer class, \$290 for 30 classes

Reservation opens 8 days before the class time.

Sign up on the app or call the Front Desk

718-428-5030 ext. 0

Cancellations must be made 4 hours prior to the class time to receive the credit for the class.

Late cancellations or no-shows, shall result in the loss of that class.

Schedule is subjected to change.

Download Our APP TODAY

## 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

8:00am - 8:50am

Cardio Jam/Step

Tammy

9:30am - 10:20am

Cardio Dance

Mary Grace

9:30am - 10:20am

Feel the Beat!

Cari

9:30am - 10:20am

Standing Room Only

Nicole

9:30am - 10:20am

Studio Sampler

Nicole

9:30am - 10:20am

Body Sculpt

Mary Grace

9:00am - 9:50am

Body Blast

Tammy

10:30am - 11:20am

Body Sculpt

Mary Grace

10:30am - 11:20am

Mat Yoga Flow

Danielle

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

CariAnn

10:30am - 11:20am

Aqua Fit

CariAnn

10:30 - 11:20 am

Aqua Fit

Miriam

10:30am - 11:20am

Aqua Fit

CariAnn

10:30 - 11:20 am

Aqua Fit

Jeneanne

11:00am - 11:50am

Zumba®

Vicke

3:00pm - 3:50pm

Chair Yoga

Patti

3:00pm - 3:50pm

Chair Yoga

Mia

3:00pm - 3:50pm

Chair Yoga

Mia

11:00am - 11:50am

Zumba®

CariAnn

4:00pm - 4:50 pm

Meditation

Mia

4:00pm - 4:50 pm

Strengthen & Stretch

Tammy

6:00pm - 6:50pm

Cardio Dance

CariAnn

5:30pm - 6:30pm

Israeli Folk Dance

Allen

6:00pm - 6:50pm

Stretch & Recover

CariAnn

5:30pm - 6:30pm

Tai Chi/Self Defense

Spenser

7:00pm - 7:50pm

Cardio Kickboxing

Tammy

7:00pm - 7:50pm

Vinyasa Yoga

Mia

7:00pm - 7:50pm

Zumba®

Vicke

7:00pm - 8:00pm

Line Dancing

Rose

North Shore Towers Country Club



GET THE APP FOR FREE

Make it easier for you to connect with the Country Club.



### 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.