

TCC - 2024 Fitness Schedule <small>(updated on 1/1/2024)</small>						New Classes	REFORMER 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			<u>MONDAY</u> 7:30am - 8:20am - Intermediate (Maria) 8:30am - 9:20am - Intermediate (Maria) 9:30am - 10:20am - Beginner (Maria)
		8:30am - 9:30am Ashtanga Yoga Christine					<u>TUESDAY</u> 9:30am - 10:20am - Beginner (Samantha)
9:30am - 10:20am Cardio Dance Mary Grace	9:30am - 10:20am Feel the Beat! Cari		9:30am - 10:20am Mat Pilates Patti	9:30am - 10:20am Body Sculpt Mary Grace	9:00am - 9:50am Body Blast Tammy		<u>WEDNESDAY</u> 8:30am - 9:20am - Beginner (Patti)
10:30am - 11:20am Body Sculpt Mary Grace	10:30am - 11:20am Mat Yoga Flow Jacqueline	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	9:30am - 10:20am - Beginner (Patti) 11:30am - 12:20pm - Beginner (Samantha) 6:00pm - 6:50pm - Intermediate (George)
10:30 - 11:20 am Aqua Fit Jeneanne	10:30am - 11:20am Aqua Zumba Leo	10:30am - 11:20am Aqua Fit Jeneanne	10:30 - 11:20 am Aqua Fit Miriam		10:30 - 11:20 am Aqua Fit Jeneanne	11:00am - 11:50am Zumba® Tricia	<u>THURSDAY</u> 8:30am - 9:20am - Intermediate /Advanced (Maria) 9:30am - 10:20am - Special Population (Maria) 10:30am - 11:20am Beginner / Intermediate (Patti) 6:30pm - 7:20pm - Intermediate (George)
3:00pm - 4:00pm Meditation Mia	3:00pm - 4:00pm Chair Yoga Patti	3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia	11:00am - 12:00pm Zumba® Toning/ Pound Tricia		<u>FRIDAY</u> 9:30am - 10:20am - Beginner (Samantha)
							<u>SATURDAY</u> 8:30am - 9:20am - Intermediate (George) 8:30am - 9:20am - Beginner (George)
6:00pm - 6:50pm Ashtanga Yoga Christine	5:30pm - 6:30pm Israeli Folk Dance Allen		5:30pm - 6:30pm Tai Chi/Self Defense Spenser				Policy for Reformer Classes \$10 for each reformer class, \$195 for 20 classes, \$290 for 30 classes. Reservation opens 8 days before. 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.
Small Group Training TRX Program is coming!		7:00pm - 7:50pm Zumba® Vicke	7:00pm - 8:00pm Line Dancing Rose				Schedule is subjected to change.