TCC - 2024 Fitness Schedule (updated on 3/1/2024)

New Classes 60 Minutes Classes Aqua Classes

REFORMER CLASSES

MONDAY

8:00am - 8:50am - Intermediate (Maria) 9:00am - 9:50am - Beginner (Maria)

TUESDAY

9:30am - 10:20am - Beginner (Samantha)

WEDNESDAY

9:30am - 10:20am - Beginner (Patti) 11:30am - 12:20pm - Beginner (Samantha) 6:30pm - 7:20pm - Intermediate (George)

THURSDAY

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)

FRIDAY

9:30am - 10:20am - Beginner (Samantha)

SATURDAY

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

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

Policy for Reformer Classes

\$10 for each reformer class, \$195 for 20 classes, \$290 for 30 classes. Reservation opens 8 days in advance. Sign up on the app or call the Front Desk 718-428-5030

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

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

Schedule is subjected to change.

10:15am - 11:00am Sculpt Light n' Lively Samantha Corrective & Mobility Fab & Fit Stretch Tammy Cari	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cari	7:30am - 8:20am		7:30am - 8:20am		7:30am - 8:20am		
Signat	Below the Belt		Body Conditioning		Circuit Training		
9:30am - 11:00am Cardio Sculpt Mary Grace Cari Patti Mary Grace Tammy Patti Di:30am - 11:20am Corrective & Mobility Anthony Anthony Aqua Fit Jeneanne Leo Aqua Fit Jeneanne Leo Anthony Cari Ca	Cari		Cari		Cari		
9:30am - 11:00am Cardio Sculpt Mary Grace Patti Patti Stretch Studio Sampler Cari Samantha Samantha			8:30am - 9:30am				
Cardio Sculpt Mary Grace Patti Mary Grace Patti Mary Grace Patti Mary Grace Tammy Patti Mary Grace Tammy Patti Mary Grace Tammy Patti Mary Grace Tammy Patti Patti Mary Grace Tammy Patti Patti Patti Patti Mary Grace Tammy Patti			Ashtanga Yoga				
Mary Grace Cari Patti Mary Grace Tammy 9:30am - 10:15am Cardio 10:30am - 11:20am 10:30am - 11:20am 10:30am - 11:20am 10:00am - 10:50am 10:00am - 10:50am 10:15am - 11:00am Sculpt Light n' Lively Corrective & Mobility Fab & Fit Stretch Studio Sampler 2 Cari Samantha 10:30 - 11:20 am Jacqueline 10:30 - 11:20 am 11:00am - 11:50a 3 Cari Aqua Fit Aqua Fit Aqua Fit Aqua Fit Aqua Fit Jeneanne Tricia 3:00pm - 4:00pm Chair Yoga Chair Yoga 3:00pm - 4:00pm 11:00am - 12:00pm Zumba® Toning/ Pound	9:30am - 11:00am	9:30am - 10:20am	Christine	9:30am - 10:20am	9:30am - 10:20am	9:00am - 9:50am	
10:30am - 10:15am Cardio 10:30am - 11:20am Light n' Lively Samantha 10:30am - 11:20am Corrective & Mobility Anthony Aqua Fit Jeneanne Leo Tricia Tricia Tricia Tricia Tricia Tricia To:30am - 12:00pm Chair Yoga Chair Yoga Chair Yoga To:30am - 12:00pm To:30am - 10:50am Stretch Studio Sampler Corrective & Mobility Fab & Fit Jacqueline Tammy Cari Tammy Cari Tricia Tricia	Cardio Sculpt	Feel the Beat!		Mat Pilates	Body Sculpt	Body Blast	
10:15am - 11:00am Sculpt	Mary Grace	Cari		Patti	Mary Grace	Tammy	
Samantha Anthony Jacqueline Tammy Cari	9:30am - 10:15am Cardio		10:30am - 11:20am	10:30am - 11:20am	10:30am - 11:20am	10:00am - 10:50am	10:00am - 10:50am
10:30 - 11:20 am 10:30 am - 11:20 am 10:30 - 11:20 am 2umba® 2umba® 2umba® 10:30 - 11:20 am 2umba® 2umba® <td>10:15am - 11:00am Sculpt</td> <td></td> <td>Light n' Lively</td> <td>Corrective & Mobility</td> <td>Fab & Fit</td> <td>Stretch</td> <td>Studio Sampler</td>	10:15am - 11:00am Sculpt		Light n' Lively	Corrective & Mobility	Fab & Fit	Stretch	Studio Sampler
Aqua Fit JeneanneAqua Zumba LeoAqua Fit MiriamAqua Fit JeneanneAqua Fit JeneanneZumba® Tricia3:00pm - 4:00pm Meditation3:00pm - 4:00pm Chair Yoga3:00pm - 4:00pm Chair Yoga3:00pm - 4:00pm Chair Yoga11:00am - 12:00pm Zumba® Toning/ Pound			Samantha	Anthony	Jacqueline	Tammy	Cari
JeneanneLeoMiriamJeneanneTricia3:00pm - 4:00pm Meditation3:00pm - 4:00pm Chair Yoga3:00pm - 4:00pm Chair Yoga11:00am - 12:00pm Zumba® Toning/ Pound	10:30 - 11:20 am	10:30am - 11:20am		10:30 - 11:20 am		10:30 - 11:20 am	11:00am - 11:50am
3:00pm - 4:00pm 3:00pm - 4:00pm 3:00pm - 4:00pm 11:00am - 12:00pm Meditation Chair Yoga Chair Yoga Zumba® Toning/ Pound	Aqua Fit	Aqua Zumba		Aqua Fit		Aqua Fit	Zumba®
Meditation Chair Yoga Chair Yoga Chair Yoga Zumba® Toning/ Pound	Jeneanne	Leo		Miriam		Jeneanne	Tricia
insulation Shair roga Shair roga	3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm		3:00pm - 4:00pm	11:00am - 12:00pm	
Mia Patti Mia Mia Tricia	Meditation	Chair Yoga	Chair Yoga		Chair Yoga	Zumba® Toning/ Pound	
	Mia	Patti	Mia		Mia	Tricia	

Spenser

Rose



GET THE APP FOR FREE





TRX Training Class will be FREE for the month of March as a TRIAL. Space is SUPER Limited, Reservation is REOUIRED! Reservation opens 8 days in advance, Sign Up on the TCC App or Call the Front Desk at 718-428-5030.

7:00pm - 7:50pm

Zumba®

Vicke

5:30pm - 6:30pm

Israeli Folk Dance

Allen

7:30pm - 8:30pm

TRX Training

George

6:00pm - 6:50pm

Ashtanga Yoga

Christine