

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

New Classes

60 Minutes Classes

Aqua Classes

## REFORMER CLASSES

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|---|---|---|--|---|--|--|
| 7:30am - 8:20am<br><b>Below the Belt</b><br>Cari  |   | 7:30am - 8:20am<br><b>Body Conditioning</b><br>Cari     |  | 7:30am - 8:20am<br><b>Circuit Training</b><br>Cari      |  |  |
|   |   | 8:30am - 9:30am<br><b>Ashtanga Yoga</b><br>Christine    |  |   |  |  |
| 9:30am - 11:00am<br><b>Cardio Sculpt</b><br>Mary Grace<br><small>9:30am - 10:15am Cardio<br/>10:15am - 11:00am Sculpt</small> | 9:30am - 10:20am<br><b>Feel the Beat!</b><br>Cari     |   | 9:30am - 10:20am<br><b>Mat Pilates</b><br>Patti                  | 9:30am - 10:20am<br><b>Body Sculpt</b><br>Mary Grace    | 9:00am - 9:50am<br><b>Body Blast</b><br>Tammy              |  |
| 10:30 - 11:20 am<br><b>Aqua Fit</b><br>Jeneanne   | 10:30am - 11:20am<br><b>Aqua Zumba</b><br>Leo         | 10:30am - 11:20am<br><b>Light n' Lively</b><br>Samantha | 10:30am - 11:20am<br><b>Corrective &amp; Mobility</b><br>Anthony | 10:30am - 11:20am<br><b>Fab &amp; Fit</b><br>Jacqueline | 10:00am - 10:50am<br><b>Stretch</b><br>Tammy               | 10:00am - 10:50am<br><b>Studio Sampler</b><br>Cari |
| 3:00pm - 4:00pm<br><b>Meditation</b><br>Mia   | 3:00pm - 4:00pm<br><b>Chair Yoga</b><br>Patti         | 3:00pm - 4:00pm<br><b>Chair Yoga</b><br>Mia             |  | 3:00pm - 4:00pm<br><b>Chair Yoga</b><br>Mia             | 11:00am - 12:00pm<br><b>Zumba® Toning/ Pound</b><br>Tricia |  |
|   |   |   |  |   |  |  |
| 6:00pm - 6:50pm<br><b>Ashtanga Yoga</b><br>Christine  | 5:30pm - 6:30pm<br><b>Israeli Folk Dance</b><br>Allen |   | 5:30pm - 6:30pm<br><b>Tai Chi/Self Defense</b><br>Spenser        |   |  |  |
|   | 7:30pm - 8:30pm<br><b>TRX Training</b><br>George      | 7:00pm - 7:50pm<br><b>Zumba®</b><br>Vicke               | 7:00pm - 8:00pm<br><b>Line Dancing</b><br>Rose                   |   |  |  |

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

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

North Shore Towers Country Club

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Schedule is subjected to change.