TCC - 2025 FITNESS SCHEDULE (updated 5/1/2025)						New Classes 60 Minutes Classes	REFORMER CLASSES
V	T	Walmadan	ml	Foldon	Catanalan	Aqua Classes	8:30am - 8:20am - Beginner / Intermediate (Patti) 9:30am - 10:20am - Beginner / Special Population (Patti)
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:30am - 8:20am		7:30am - 8:20am		7:30am - 8:20am			TUESDAY
Below the Belt		<b>Body Conditioning</b>		Circuit Training			9:30am - 10:20am - Beginner (Samantha)
Cari		Cari		Cari			5:30pm - 6:20pm - Beginner (Annette)
							6:30pm - 7:20pm - Intermediate (Annette)
							WEDNESDAY
9:30am - 10:20am	9:30am - 10:20am	9:30am - 10:20am	9:30am - 10:20am	9:30am - 10:20am	9:00am - 9:50am		8:30am - 9:20am Intermediate (Patti)
Cardio Dance	Feel the Beat!	Yin Yang Yoga	Mat Pilates	Cardio Sculpt	Body Blast		9:30am - 10:20am - Beginner (Patti)
Mary Grace	Cari	Christine	Patti	Jeneanne	Tammy		11:30am - 12:20pm - Beginner/ Intermediate (Samantha)
10:30am - 11:20am		10:30am - 11:20am	10:30am - 11:20am	10:30am - 11:20am	10:00am - 10:50am	10:00am - 10:50a	
Body Sculpt		Light n' Lively	Corrective & Mobility	Fab & Fit	Stretch	Studio Sample	
Mary Grace		Samantha	Anthony	Cari	Tammy	Cari	8:30am - 9:20am - Intermediate /Advanced (Maria)
10:30 - 11:20 am	10:30am - 11:20am			10:30 - 11:20 am	10:30 - 11:20 am	11:00am - 11:50a	,
Aqua Fit	Aqua Zumba			Aqua Fit	Aqua Fit	Zumba®	10:30am - 11:20am Beginner / Intermediate (Samantha)
Jeneanne	Leo			Jeneanne	Jeneanne	Tricia	
3:00pm - 4:00pm		3:00pm - 4:00pm		3:00pm - 4:00pm	11:00am - 1:50pm	11:00am - 11:50a	<u> </u>
Chair Yoga		Chair Yoga		Chair Yoga	Zumba® Toning/ Pound	Aqua Zumba	9:30am - 10:20am - Beginner (Samantha)
Mia		Mia		Mia	Tricia	Leo	
				North Shore Towers Country		y Club	SATURDAY 7:30am - 8:20am - Intermediate (George) 8:30am - 9:20am - Beginner (George)
6:00pm - 6:50pm	5:15pm - 6:15pm		5:30pm - 6:30pm				Policy for Reformer Classes
Ashtanga Yoga Christine	Israeli Folk Dance Allen		Tai Chi/Self Defense Spenser	TOWE	GET THE APP FOR FREE		\$10 for each reformer class, \$200 for 20 classes  Reservation opens 8 days in advance.
	6:30pm - 7:20pm Kick & Sculpt Tammy	7:00pm - 7:50pm Zumba® Vicke	7:00pm - 8:00pm Line Dancing Rose		for you to connect with the Country		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.
					Club.  Downle  App	oad on the Store	
					► Goog	gle play	Schedule is subjected to change.