

TCC - 2025 FITNESS SCHEDULE (updated 5/1/2025)						New Classes	REFORMER CLASSES	
						60 Minutes Classes		
						Aqua Classes		
							<u>MONDAY</u>	
							8:30am - 8:20am - Beginner / Intermediate (Patti)	
							9:30am - 10:20am - Beginner / Special Population (Patti)	
							<u>TUESDAY</u>	
							9:30am - 10:20am - Beginner (Samantha)	
							5:30pm - 6:20pm - Beginner (Annette)	
							6:30pm - 7:20pm - Intermediate (Annette)	
							<u>WEDNESDAY</u>	
							8:30am - 9:20am Intermediate (Patti)	
							9:30am - 10:20am - Beginner (Patti)	
							11:30am - 12:20pm - Beginner/ Intermediate (Samantha)	
							<u>THURSDAY</u>	
							8:30am - 9:20am - Intermediate /Advanced (Maria)	
							9:30am - 10:20am - Special Population (Maria)	
							10:30am - 11:20am Beginner / Intermediate (Samantha)	
							<u>FRIDAY</u>	
							9:30am - 10:20am - Beginner (Samantha)	
							<u>SATURDAY</u>	
							7:30am - 8:20am - Intermediate (George)	
							8:30am - 9:20am - Beginner (George)	
							Policy for Reformer Classes	
							\$10 for each reformer class, \$200 for 20 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.	
							Schedule is subjected to change.	