


TCC - 2025 FITNESS SCHEDULE (updated 7/1/2025)							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> 8:30am - 8:20am - Beginner / Intermediate (Patti) 9:30am - 10:20am - Beginner / Special Population (Patti)	
							<u>TUESDAY</u> 5:30pm - 6:20pm - Beginner (Annette) 6:30pm - 7:20pm - Intermediate (Annette)	
9:30am - 10:20am Cardio Dance Mary Grace	9:30am - 10:20am Feel the Beat! Cari	9:30am - 10:20am Yin Yang Yoga Christine	9:30am - 10:20am Mat Pilates Patti	9:30am - 10:20am Cardio Sculpt Jeneanne	9:00am - 9:50am Body Blast Tammy		<u>WEDNESDAY</u> 8:30am - 9:20am Intermediate (Patti) 9:30am - 10:20am - Beginner (Patti) 11:30am - 12:20pm - Intermediate (Samantha)	
10:30am - 11:20am Body Sculpt Mary Grace	10:30am - 11:20am Tai Chi Spenser	10:30am - 11:20am Light n' Lively Samantha	10:30am - 11:20am Corrective & Mobility Anthony	10:30am - 11:20am Fab & Fit Cari	10:00am - 10:50am Stretch Tammy	10:00am - 10:50am Studio Sampler Cari	<u>THURSDAY</u>	
10:30 - 11:20 am Aqua Fit Jeneanne	10:30am - 11:20am Aqua Zumba Leo			10:30 - 11:20 am Aqua Fit Jeneanne	10:30 - 11:20 am Aqua Fit Jeneanne	11:00am - 11:50am Zumba® Tricia	8:30am - 9:20am - Intermediate /Advanced (George) 9:30am - 10:20am - Special Population (George) 10:30am - 11:20am Intermediate (Annette)	
3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia	11:00am - 1:50pm Zumba® Toning/ Pound Tricia	11:00am - 11:50am Aqua Zumba Leo	<u>FRIDAY</u> 9:30am - 10:20am - Beginner (Samantha)	
							<u>SATURDAY</u> 7:30am - 8:20am - Intermediate (George) 8:30am - 9:20am - Beginner (George)	
6:00pm - 6:50pm Ashtanga Yoga Christine	5:15pm - 6:15pm Israeli Folk Dance Allen	5:00pm - 5:50 pm Zumba Vicke	5:30pm - 6:30pm Tai Chi/Self Defense Spenser				<u>Policy for Reformer Classes</u> \$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.	
	6:30pm - 7:20pm Kick & Sculpt Tammy		7:00pm - 8:00pm Line Dancing Rose					
							Schedule is subjected to change.	