CC - 2025 FITNESS SCHEDULE (updated 9/1/2025)						New Classes 60 Minutes Classes	KEI OKWEK CEASSES	
						Aqua Classes	MONDAY	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	8:30am - 8:20am - Intermediate (Patti) 9:30am - 10:20am -Special Population (Patti)	
7:30am - 8:20am	Tuesday	7:30am - 8:20am	Thursday	7:30am - 8:20am	Saturday	Junuay	10:30am - 11:20am Beginner (Patti)	
Below the Belt		Body Conditioning		Circuit Training			TUESDAY	
Cari		Cari		Cari			5:30pm - 6:20pm - Beginner (Annette)	
		Juli		Jan			6:30pm - 7:20pm - Intermediate (Annette)	
							WEDNESDAY	
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!		Mat Pilates	Cardio Sculpt	Body Blast		9:30am - 10:20am - Beginner (Patti)	
Mary Grace	Cari		Patti	Jeneanne	Tammy		11:30am - 12:20pm - Intermediate (Samantha)	
10:30am - 11:20am	10:30am - 11:20am	10:30am - 11:20am	10:30am - 11:20am	10:30am - 11:20am	10:00am - 10:50am	10:00am - 10:50am		
Body Sculpt	Tai Chi	Light n' Lively	Corrective & Mobility	Fab & Fit	Stretch	Studio Sampler	THURSDAY	
Mary Grace	Spenser	Samantha	Anthony	Cari	Tammy	Cari	8:30am - 9:20am - Intermediate /Advanced (George)	
10:30 - 11:20 am	10:30am - 11:20am			10:30 - 11:20 am	10:30 - 11:20 am	11:00am - 11:50am	9:30am - 10:20am - Special Population (George)	
Aqua Fit	Aqua Zumba			Aqua Fit	Aqua Fit	Zumba®	10:30am - 11:20am Intermediate (Annette)	
Jeneanne	Leo			Jeneanne	Jeneanne	Tricia		
3:00pm - 4:00pm		3:00pm - 4:00pm		3:00pm - 4:00pm	11:00am - 1:50pm	11:00am - 11:50am	FRIDAY	
Chair Yoga Mia		Chair Yoga Mia		Chair Yoga Mia	Zumba® Toning/ Pound Tricia	Aqua Zumba Leo	9:30am - 10:20am - Beginner (Samantha)	
IVIIa		IVIIA		IVIIA	Tricia	Leo	SATURDAY	
				North Shore Towers Country Club		y Club	7:30am - 8:20am - Intermediate (George)	
						→	8:30am - 9:20am - Beginner (George)	
6:00pm - 6:50pm	5:15pm - 6:15pm	6:00pm - 6:50pm	5:30pm - 6:30pm			100	Policy for Reformer Classes	
Ashtanga Yoga	Israeli Folk Dance	Ashtanga Yoga	Tai Chi/Self Defense	se GET THE A		APP	\$10 for each reformer class, \$200 for 20 classes	
Christine	Allen	Christine Spenser		FOR F	REE	Reservation opens 8 days in advance.		
	6:30pm - 7:20pm		7:00pm - 8:00pm	Make it e		asier	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	
	Kick & Sculpt		Line Dancing		for you	ı to	class.	
	Tammy		Rose	connect with the Country		ntry	Late cancellations or no-shows, shall result in the loss of that class.	
					Club.	·		
				Download on the App Store				
				ANDROID APP ON				
				➤ Google play			Schedule is subjected to change.	