

TCC - 2025 FITNESS SCHEDULE (updated 12/8/2025)					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			
Men's Card Room		Men's Card Room		Men's Card Room			
9:30am - 10:30am Essentrics Pamela	9:30am - 10:20am Feel the Beat! Cari			9:30am - 10:20am Cardio Sculpt Jeneanne	9:00am - 9:50am Body Blast Tammy		
Men's Card Room	Men's Card Room			Men's Card Room	Men's Card Room		
	10:30am - 11:20am Tai Chi Spenser	10:30am - 11:20am Chair Stretch & Tone Christine	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	
	Men's Card Room	Men's Card Room	Men's Card Room	Men's Card Room	Men's Card Room	Men's Card Room	
11:00 am - 11:50 am Aqua Fit Jeneanne	11:00 am - 11:50 am Aqua Fit Elvia			11:00 am - 11:50 am Aqua Fit Jeneanne	11:00 am - 11:50 am Aqua Fit Jeneanne	11:00am - 11:50am Aqua Fit Elvia	
3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia	11:00am - 11:50pm Zumba Tricia	11:00am - 11:50pm Zumba Tricia	<div>Policy for Reformer Classes</div> <div>\$10 for each reformer class opens 8 days in advance. Reservation 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.</div> <div>Schedule is subjected to change.</div>
Men's Card Room		Men's Card Room		Men's Card Room	Aerobics Studio	Aerobics Studio	
6:00pm - 6:50pm Ashtanga Yoga Christine	5:15pm - 6:15pm Israeli Folk Dance Allen	6:00pm - 6:50pm Ashtanga Yoga Christine	5:30pm - 6:30pm Tai Chi/Self Defense Spenser				
Aerobics Studio	Aerobics Studio	Aerobics Studio	Aerobics Studio				