


**TCC - 2026 FITNESS SCHEDULE (updated 4/1/2026)**

New Classes

60 Minutes Classes

Aqua Classes

**REFORMER 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		
9:30am - 10:20am Mat Pilates Carrie	9:30am - 10:20am Feel the Beat! Cari	9:30am - 10:20am Zumba Judith	9:30am - 10:30am Essentrics Pamela	9:30am - 10:20am Cardio Sculpt Jeneanne	9:00am - 9:50am Body Blast Tammy	
	10:30am - 11:20am Tai Chi Spenser	10:30am - 11:20am Chair Stretch & Tone Christine	11:00am - 12:00pm Functional Mobility Christine	10:30am - 11:20am Fab & Fit Cari	10:00am - 10:50am Stretch Tammy	10:00am - 10:50am Studio Sampler Cari
11:00 am - 11:50 am Aqua Fit Jeneanne	10:00am - 10:50am Aqua Fit Jeneanne			11:00 am - 11:50 am Aqua Fit Jeneanne	11:00am - 11:50am Aqua Fit Tammy	11:00am - 11:50am Zumba® Tricia
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	10:00am - 10:50am Aqua Fit Elvia
						
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			
			7:00 PM - 7:50 PM Zumba Judith			

**Monday**  
8:00am - 8:50am - Intermediate (Viktoriya)  
9:00am - 9:50pm - Beginner (Viktoriya)  
10:00am - 10:50pm - Intermediate (Viktoriya)

**TUESDAY**  
8:30am - 9:20am - Beginner (Jessica)  
9:30am - 10:20pm - Intermediate (Jessica)  
10:30am - 11:20pm - Beginner (Jessica)

**WEDNESDAY**  
10:30am - 11:20pm - Beginner (Samantha)  
11:30am - 12:20pm - Intermediate (Samantha)

**FRIDAY**  
9:00am - 9:50am Intermediate (Samantha)  
10:00am - 10:50am Beginner (Samantha)

**Policy for Reformer Classes**

\$15 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.

Schedule is subjected to change.