Towers C.C. Group Fitness Schedule
JUNE 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15 - 8:15 am **Cycling** Maria		7:15 - 8:15 am **Cycling** Maria	7:15 - 8:00 am **Pilates Mat** Margaret		
8:15 - 9:15 am **Cardio Dance** Mary Grace	8:00 - 9:00 am **Pilates/Stretch** Maria	8:15 - 9:15 am **Hi/Low Plus** Phyllis	8:15 - 9:15 am **Cardio/Abs** Nicole	8:15 - 9:15 am **Cardio Dance** Mary Grace		8:15 - 9:00 am **Cycling** Maria
9:00 - 10:00 am **Walk the Course** Phyllis				9:15 - 10:15 am **Body Blast** Mary Grace		
9:15 - 10:15 am **Body Blast** Mary Grace	9:15 - 10:15 am **Hi/Low Plus** Phyllis	9:15 - 10:15 am **Stretch** Phyllis	9:15 - 10:15 am **Hi/Low Plus** Phyllis	9:15 - 10:15 am **Aqua** Phyllis	9:15 - 10:15 am **Body Blast** Tammy	9:15 - 10:15 am **Cardio/Abs** Nicole
10:15 - 11:15 am **Aqua** Loretta	10:15 - 11:15 am **Aqua** Bonnie	10:15 - 11:15 am **Aqua Barre** Beverly	10:15 - 11:15 am **Aqua** Phyllis		10:15 - 11:15 am **Aqua** Loretta	10:15 - 11:15 am **Aqua** Beverly/Jeneanne
10:15 - 11:15 am **This & That** Mary Grace	10:15 - 11:15 am **This & That** Phyllis	10:15 - 11:15 am **This & That** Phyllis	10:15 - 11:15 am **This & That** Beverly	10:15 - 11:15 am **This & That** Donna	10:15 - 11:15 am **Stretch** Tammy	10:15 - 11:15 am **Body Blast** Cari
	11:15-12:15 am **Stretch for Men** Anthony		11:15 - 12:15 am **Stretch** Tammy		11:30 -12:30 pm **Zumba Gold** Vicke	11:30 -12:30 pm **Zumba Gold** Vicke
3:00 - 4:00 pm **Mat Yoga** Carmela	3:00 - 4:00 pm **Meditation** Mia	3:00 - 4:00 pm **Chair Yoga** Helena		3:00 - 4:00 pm **Chair Yoga** Mia		
4:00 - 5:00 pm **TAI CHI** Joe	4:00 - 5:00 pm **Chair Yoga** Helena		4:00 - 5:00 pm **Mat Yoga** Carmela			
	5:45 - 6:45 pm **Ballroom** Mary Grace					
7:00 - 8:00 pm **Pilates Mat** Irene	7:00 - 8:00 pm **Body Blast** Mary Grace	7:00 - 8:00 pm **Line Dancing** Rose *	7:00 - 8:00 pm **Body Blast** Beverly			
	8:00-9:00 pm **Yoga** Mia	8:00-9:00 pm **Meditation** Mia				

***no line dancing June 28th**

Reformer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:00 am **Reformer - Int** Maria						
8:00- 8:45 am **Reformer - Int** Maria			8:00-8:45 am **Reformer - Beg** Maria	8:15-9:00 am **Reformer - Beg/Int** Margaret		
	9:00 - 9:45 am **Reformer - Beg** Maria					9:00-9:45 am **Reformer - Beg** Maria
						9:45-10:30 am **Reformer-Int/Adv** Maria
			6:00 - 6:45 pm **Reformer-Beg/Int** Susan			
			6:45 - 7:30 pm **Reformer-Int/Adv** Susan			
8:00 - 8:45 pm **Reformer - Int** Susan						

Reformer Schedule Key

Beg - Beginner - limited experience

Int/Adv - Intermediate - a minimum of 10 prior sessions

Reformer Policies & Procedures

1 SESSION PER MEMBER PER WEEK...$10 CHARGE FOR ADDITIONAL SESSION IF AVAILABLE.

If you have limited reformer experience or coming from intro classes - you belong in a Beginner Class.

If you are a beginner, do not sign up for an intermediate or advanced class as it is not fair to those class participants.

Sign- up Procedures

Every Thursday @ 5:00pm, the booking window opens for the coming week. (Monday - Sunday)

A wait list will be available to those who did not receive a slot for that week only (limit 1 session per week/per member)

Call the front desk to cancel a session: 718-428-5030. A session must be cancelled by 5PM the day before scheduled session to avoid a $10 cancellation fee. It is not permitted to switch with another member. Violations to procedures and policies may result in loss of reformer privileges. If you fail to show up for a classes you reserved, there will be a $10 fee.