

Towers C.C. Group Fitness Schedule November 2018

Please note: Changes in classes, class time, or class level are highlighted in yellow.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15 - 8:15 am Cycling Maria		7:15 - 8:15 am Cycling Maria	7:15 - 8:15 am Pilates Mat Maria		
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 Nicole	8:15 - 9:15 am Cardio/Abs Nicole	8:15 - 9:15 am Cardio Dance Mary Grace		8:15 - 9:00 am Cycling Jeneanne
				9:15 - 10:15 am Body Blast Mary Grace	8:30 - 9:00 Step Tammy	9:15 - 10:15 am Aqua Beverly/Jeneanne
9:15 - 10:15 am Body Blast Mary Grace	9:15 - 10:15 am Hi/Low Plus Phyllis	9:15 - 10:15 am Stretch & Tone 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 Core & More Nicole
10:15 - 11:15 am Aqua Loretta	10:15 - 11:15 am This & That Phyllis	10:15 - 11:15 am Aqua Barre Beverly	10:15 - 11:15 am Aqua Phyllis		10:30 - 11:30 am Aqua Loretta	
10:15 - 11:15 am This & That Mary Grace		10:15 - 11:15 am This & That Phyllis	10:15 - 11:15 am This & That Beverly	10:15 - 11:15 am This & That Beverly/Tammy	10:15 - 11:15 am Stretch Tammy	10:15 - 11:15 am Body Blast Cari
12:00-1:00 pm Ballroom Mary Grace	11:15-12:15 am Stretch for Men Anthony *		11:15 - 12:15 am Stretch Tammy		11:30 -12:30 pm Zumba Gold Vicke/Jackie	11:15-12:15 pm Zumba 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	CLASS ETIQUETTE 1. DO NOT ENTER A CLASS LATE 2. FOLLOW INSTRUCTOR'S DIRECTIONS 3. DO NOT CARRY ON CONVERSATIONS DURING THE CLASS - VERY DISTRACTING 4. CELL PHONES FOR EMERGENCIES ONLY		
6:00-7:00 PM Boxing Lenny of UFC starting Nov. 7th			6:15-7:15 pm Body Blast Beverly	Club Closes at 2 PM on Thanksgiving Watch for Thanksgiving Schedule		
7:00 - 8:00 pm Pilates Mat Irene	7:00 - 8:00 pm Body Blast Tammy	7:00 - 8:00 pm Line Dancing Rose	7:00 - 8:00 pm Cycling Susan	* No Stretch for Men on Tues. Nov. 27th		
	8:00-9:00 pm Zumba Strong Ciara	8:00-9:00 pm Meditation Mia				

Reformer Schedule

Monday	Tuesday	Wednesday	Thursday	Reformer Schedule Key	
7:15 - 8:00 am Reformer - Int/Adv Maria				Beg - Beginner - limited experience	
8:00- 8:45 am Reformer - Int Maria			8:00-8:45 am Reformer - Beg/Int Maria	Int/Adv - Intermediate - a minimum of 10 prior sessions Sign up for your CORRECT level.	
	9:00 - 9:45 am Reformer - Beg Maria		8:45 - 9:30 am Reformer - Beg Maria		
			9:30 -10:15 am Reformer - Int/Adv Maria		
			5:30-6:15 pm Reformer-Beg./Int Susan		
			6:15-7:00 pm Reformer-Int Susan		
8:00 - 8:45 pm Reformer - Int/Adv Susan					
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.					