

**Towers C.C. Group Fitness Schedule June 2018**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Reformer Schedule Key
	7:15 - 8:15 am <b>Cycling</b> Maria		7:15 - 8:15 am <b>Cycling</b> Maria				7:15 - 8:00 am <b>Reformer - Int/Adv</b> Maria					Beg - Beginner - limited experience Int/Adv - Intermediate - a minimum of 10 prior sessions <b>Sign up for your CORRECT level.</b>
8:15 - 9:15 am <b>Cardio Dance</b> Mary Grace	8:00 - 9:00 am <b>Pilates/Stretch</b> Maria	8:15 - 9:15 am <b>Hi/Low Plus</b> Nicole	8:15 - 9:15 am <b>Cardio/Abs</b> Nicole	8:15 - 9:15 am <b>Cardio Dance</b> Mary Grace		8:15 - 9:00 am <b>Cycling</b> Jeneanne	8:00- 8:45 am <b>Reformer - Int</b> Maria			8:00-8:45 am <b>Reformer - Beg/Int</b> Maria		
				9:15 - 10:15 am <b>Body Blast</b> Mary Grace	8:30 - 9:00 <b>Step</b> Tammy	9:15 - 10:15 am <b>Aqua</b> Beverly/Jeneanne		9:00 - 9:45 am <b>Reformer - Beg</b> Maria				
9:15 - 10:15 am <b>Body Blast</b> Mary Grace	9:15 - 10:15 am <b>Hi/Low Plus</b> Phyllis	9:15 - 10:15 am <b>Stretch</b> Phyllis	9:15 - 10:15 am <b>Hi/Low Plus</b> Phyllis	9:15 - 10:15 am <b>Aqua</b> Phyllis	9:15 - 10:15 am <b>Body Blast</b> Tammy	9:15 - 10:15 am <b>Core &amp; More</b> Nicole			9:30 - 10:15 am <b>Reformer - Beg</b> Maria			
10:15 - 11:15 am <b>Aqua</b> Loretta		10:15 - 11:15 am <b>Aqua Barre</b> Beverly	10:15 - 11:15 am <b>Aqua</b> Phyllis		10:15 - 11:15 am <b>Aqua</b> Loretta			10:15 -11:00 am <b>Reformer - Adv</b> Maria				
10:15 - 11:15 am <b>This &amp; That</b> Mary Grace	10:15 - 11:15 am <b>This &amp; That</b> Phyllis	10:15 - 11:15 am <b>This &amp; That</b> Phyllis	10:15 - 11:15 am <b>This &amp; That</b> Beverly	10:15 - 11:15 am <b>This &amp; That</b> Donna	10:15 - 11:15 am <b>Stretch</b> Tammy	10:15 - 11:15 am <b>Body Blast</b> Cari						
	11:15-12:15 am <b>Stretch for Men</b> Anthony		11:15 - 12:15 am <b>Stretch</b> Tammy		11:30 -12:30 pm <b>Zumba Gold</b> Vicke/Jackie	11:30 -12:30 pm <b>Zumba Gold</b> Vicke/Jackie				5:30-6:15 pm <b>Reformer-Beg./Int</b> Susan		
3:00 - 4:00 pm <b>Mat Yoga</b> Carmela	3:00 - 4:00 pm <b>Meditation</b> Mia	3:00 - 4:00 pm <b>Chair Yoga</b> Helena		3:00 - 4:00 pm <b>Chair Yoga</b> Mia						6:15-7:00 pm <b>Reformer-Int</b> Susan		
4:00 - 5:00 pm <b>TAI CHI</b> Joe	4:00 - 5:00 pm <b>Chair Yoga</b> Helena		4:00 - 5:00 pm <b>Mat Yoga</b> Carmela*	<b>CLASS ETIQUETTE</b> 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			8:00 - 8:45 pm <b>Reformer - Int</b> Susan					
	5:00-6:00 pm <b>Ballroom</b> Mary Grace		6:00-7:00 pm <b>Body Blast</b> Beverly	** <b>Boxing on June 5th will be at 6:30 pm</b> * <b>no Line Dancing 6/20 &amp; 6/27</b>  * <b>no yoga 6/21 &amp; 6/28</b>			<b>Reformer Policies &amp; Procedures</b> 1 SESSION PER MEMBER PER WEEK...\$10 CHARGE FOR ADDITIONAL SESSION IF AVAILABLE. <b>If you have limited reformer experience or coming from intro classes - you belong in a Beginner Class.</b> <b>If you are a beginner, do not sign up for an intermediate or advanced class as it is not fair to those class participants.</b> <b>Sign- up Procedures</b> 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) <b>Call the front desk to cancel a session: 718-428-5030.</b> 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.					
7:00 - 8:00 pm <b>Pilates Mat</b> Irene	7:00 - 8:00 pm <b>Body Blast</b> Tammy	7:00 - 8:00 pm <b>Line Dancing</b> Rose*	7:00 - 8:00 pm <b>Cycling</b> Susan									
	7:00-8:00** <b>4 week Boxing Series starting 6/5</b>	8:00-9:00 pm <b>Meditation</b> Mia										

**Reformer Schedule**



