

Towers C.C. Group Fitness Schedule August 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 Theresa		
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		10:15 - 11:15 am Aqua Loretta	
10:15 - 11:15 am This & That Mary Grace	11:15 - 12:15 am Aqua Phyllis	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
	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	
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		3 PM--O/D Pool Aqua Zumba Vicke
4:00 - 5:00 pm TAI CHI Joe	4:00 - 5:00 pm Chair Yoga Helena		4 pm Mat Yoga will return in Sept.	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 4 week Self Defense Class	5:00-6:00 pm Ballroom Mary Grace		6:00-7:00 pm Body Blast Beverly	Note Changes: * Helena to teach 7 pm Pilates on 8/6 * No 3 pm Monday Mat Yoga on 8/13 * No Line Dancing on 8/15 * No Men's Stretch on 8/21		
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			
		8:00-9:00 pm Meditation Mia		* Nicole to teach 9:15 Stretch & 10:15 This & That on 8/22		

Reformer Schedule

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

