

Towers C.C. Group Fitness Schedule October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	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 Nicole	8:15 - 9:15 am Cardio/Abs Nicole	8:15 - 9:15 am Cardio Dance Mary Grace
				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
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 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
	11:15-12:15 am Stretch for Men Anthony		11:15 - 12:15 am Stretch Tammy	
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	
	5:00-6:00 pm Ballroom Mary Grace		6:15-7:00 pm Cycling Susan	
7:00 - 8:00 pm Pilates Mat Irene	7:00 - 8:00 pm Body Blast Cari	7:00 - 8:00 pm Line Dancing Rose	7:00 - 8:00 pm Body Blast Beverly	
		8:00-9:00 pm Meditation Mia		

Saturday	Sunday		Monday	Tuesday	Wednesday	
		Reformer Schedule	7:15 - 8:00 am Reformer - Int/Adv Maria			
	8:15 - 9:00 am Cycling Maria		8:00- 8:45 am Reformer - Int Maria			
				9:00 - 9:45 am Reformer - Beg Maria		
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 Aqua Beverly/Jeanne					
10:15 - 11:15 am Stretch Tammy	10:15 - 11:15 am Body Blast Cari					
11:30 -12:30 pm Zumba Gold Vicke	11:30 -12:30 pm Zumba Gold Vicke					
				8:00 - 8:45 pm Reformer - Int Susan		
				<p style="text-align: right;">Ref</p> <p>1 SESSION PER MEMBER PER WEEK...\$10 CHARGE FOR If you have limited reformer experience or coming fro If you are a beginner, do not sign up for an intermediate o</p> <p>Every Thursday @ 5:00pm, the booking window opens for the A wait list will be available to those who did not receive a slot t</p> <p>Call the front desk to cancel a session: 718-428-5030. A s cancellation fee. It is not permitted to switch with another mer you fail to show up for a classes you reserved, there will be a</p>		

Thursday	Friday	Saturday	Sunday
8:00-8:45 am Reformer - Beg/Int Maria	8:15-9:00 am Reformer - Beg/Int Margaret		
			9:00-9:45 am Reformer - Beg/Int Maria
			9:45-10:30 am Reformer-Int/Adv Maria
5:30-6:15 pm Reformer-Beg. Susan			
7:00-7:45 pm Reformer-Int/Adv Susan		<u>Reformer Schedule Key</u> Beg - Beginner - limited experience Int/Adv - Intermediate - a minimum of 10 prior sessions	

Reformer Policies & Procedures

NO ADDITIONAL SESSION IF AVAILABLE.

Do not drop into classes - you belong in a Beginner Class.

Do not drop into an advanced class as it is not fair to those class participants.

Sign-up Procedures

Sign up for the coming week. (Monday - Sunday)

Sign up for that week only (limit 1 session per week/per member)

A session must be cancelled by 5PM the day before scheduled session to avoid a \$10 fee per member. Violations to procedures and policies may result in loss of reformer privileges. If a session is cancelled after 5PM, a \$10 fee will be assessed.