

**Towers C.C. Group Fitness Schedule August 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
				9:15 - 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/Jeanne
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		3:00 - 4:00 pm Aqua Zumba Vicke
4:00 - 5:00 pm TAI CHI Joe	4:00 - 5:00 pm Chair Yoga Helena		4:00 - 5:00 pm Mat Yoga* Carmela	<p><i>* No 3 pm Mat Yoga on Mon., Aug. 21st</i>  <i>* No 4 pm Mat Yoga on Thurs., Aug. 24th</i></p>		
	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				

**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						
<p align="center"><b>Reformer Schedule Key</b></p> <p>Beg - Beginner - limited experience</p> <p>Int/Adv - Intermediate - a minimum of 10 prior sessions</p>						
<p align="center"><b>Reformer Policies &amp; Procedures</b></p> <p>1 SESSION PER MEMBER PER WEEK...\$10 CHARGE FOR ADDITIONAL SESSION IF AVAILABLE.</p> <p><b>If you have limited reformer experience or coming from intro classes - you belong in a Beginner Class.</b></p> <p><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></p> <p align="center"><b>Sign- up Procedures</b></p> <p>Every Thursday @ 5:00pm, the booking window opens for the coming week. (Monday - Sunday)</p> <p>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)</p> <p><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.</p>						



