

# *Towers C.C. Group Fitness Schedule September 2021*

Note: New/Changes in Yellow

Please note: Please watch for changes as we slowly and carefully reopen our group fitness classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 - 8:30 am Below the Belt Tammy		7:30 - 8:30 am Body Conditioning Loretta	7:00 - 8:00 am Spin Jeneanne	7:30 - 8:30 am Body Conditioning Loretta	8:00 - 9:00 am Spin/Step Tammy	
9:00 - 10:00 am Half & Half Mary Grace	9:00-10:00 am Mat Yoga Helena - beg. 9/14	9:00 - 10:00 am Hi/Low Plus Nicole - no class 9/1	8:00-9:00 am Mat Pilates Maria		9:00 - 10:00 am Body Blast Tammy	9:00 - 10:00 am Half & Half Nicole
10:15 - 11:15 am Aqua Loretta	10:15 - 11:15 am Aqua Helena	10:15 - 11:15 am Aqua Loretta	9:00 - 10 am Body Sculpt Nicole- No class 9/2	9:30-10:30 am Cardio Dance/Plus Mary Grace	10:15 - 11:15 am Aqua Jeneanne	
10:15 - 11:15 am This & That Mary Grace	10:15 - 11:15 am Feel the Beat! Cari	10:30 - 11:30 am Light n' Lively Samantha-no class 9/1	10:30 - 11:30am Stretch for Men Anthony	10:30 - 11:30 am This & That Phyllis	10:15 - 11:15 am Stretch Tammy	10:15 - 11:15 am 2021 Strong Cari
3:00-4:00 pm Pilates Stretch Samantha beg. 9/13	3:00 - 4:00 pm Chair Yoga Helena	3:00 - 4:00 pm Chair Yoga Helena	3:00 - 4:00 pm Ballroom Dancing Mary Grace	3:00 - 4:00 pm Chair Yoga Mia	11:45 - 12:45 pm Zumba Vicke	<b>Please Note Holiday Hrs.</b> Mon. Sept. 5th & Tues. Sept. 6th club closes @ 4 pm for Rosh Hashanah Wed., Sept. 15th club closes @ 4 pm for Yom Kippur Thurs., Sept. 16th club closed
4:00 - 5:00 pm Meditation Mia					3:00 - 4:00 pm Aqua Zumba til 9/18 Vicke	
7:00 - 8:00 pm Stretch Tammy	6:00 - 7:00 pm Israeli Dancing Alan Bloom		7:00 - 8:00 pm Line Dancing Rose			

## REFORMER CLASSES

MONDAYS

8:30 am - Intermediate

9:15 am - Beginner

THURSDAYS

9:00 am - Beginner

9:45 am - Beginner

### Procedures:

1 session per member  
per week - \$10 charge  
for additional session if  
available.

Sign up begins each

Thursday at 5 pm

for the following week.

Either come or call the

Front Desk @

718-428-5030 ext 0.

Call the front desk to  
cancel a session by 5 pm  
the day before to avoid a  
\$10 cancellation fee.

Switching with a member  
is not permitted

No-shows will be  
charge a \$10 fee.

### Fitness Class Reminders

1. **All participants must be fully vaccinated.**
2. No saving an exercise pod for anyone.
3. Aqua - no masks worn while in the water.
4. Please be courteous - No cell phone use during class.
5. You must bring a towel if you are using TCC floor mat.
6. Please wipe equipment after use and return to its proper place.
7. Instructions from the instructor must be adhered to at all times.

