

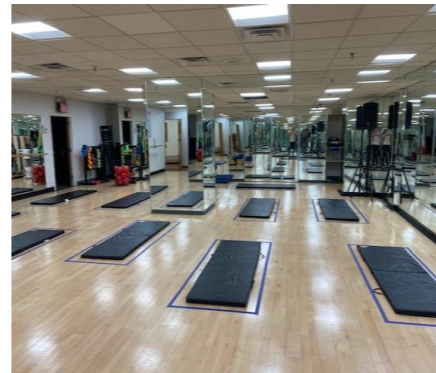
Towers C.C. Group Fitness Schedule May 2021

New Additions to schedule 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 Pilates/Stretch Theresa	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 - 8:45 am Spin Tammy	
9:00 - 10:00 am Half & Half Mary Grace		9:00 - 10:00 am Hi/Low Plus Nicole	9:00 - 10 am Body Sculpt Nicole	9:00 - 10:00 am Pilates Mat Theresa	9:00 - 10:00 am Body Blast Tammy	9:00 - 10:00 am Half & Half Nicole
	10:15 - 11:15 am Aqua Helena		10:15 - 11:15 am Aqua Loretta		10:15 - 11:15 am Aqua Jeneanne	
10:30 - 11:30 am This & That Mary Grace	10:30 - 11:30 am Feel the Beat! Cari	10:30 - 11:30 am Light n' Lively Samantha	10:30 - 11:30 am Stretch for Men Anthony	10:30 - 11:30 am This & That Phyllis	10:30 - 11:30 am Stretch Tammy	10:30 - 11:30 am 2021 Strong Cari
3:00 - 4:00 pm Tai Chi Joe	3:00 - 4:00 pm Chair Yoga Helena	3:00 - 4:00 pm Chair Yoga Helena		3:00 - 4:00 pm Chair Yoga Mia	11:45 - 12:45 pm Zumba Vicke	

Fitness Class Reminders



1. Masks must be worn at all times - **even if fully vaccinated.**
2. 10 member max in Aerobics Room and 3 max in Spin Class
3. You must stay in your respective "pods" during the class.
4. No saving an exercise pod for anyone.
First Come, First Served by each individual person taking the class.
5. Aqua - no masks during class only - must wear masks on deck.
6. Social distancing must be maintained at all times.
7. Bring water for yourself in plastic bottles.

8. You must bring a towel if you are using TCC floor mat.
We recommend bringing your own mat.
9. Each person is responsible to wipe the equipment they use at the end of the class and return to its appropriate place.
10. No congregating before or after the classes.
11. Instructions from the instructor must be adhered to at all times.
12. No cell phone use during class - (leave the room if you need to speak on the phone.)

New class descriptions:

Light n' Lively w/Samantha	Gentle total body conditioning exercises that promote coordination, healthy posture, core, balance and flexibility with and without the assistance of a chair
Feel the Beat w/Cari	A fun low impact interval dance and fitness workout with light weights.
2021 Strong w/Cari	A non-aerobic muscle toning class using light bands and exercise bars.
Body Conditioning w/Loretta	A total body conditioning using weights and bands.
Below the Belt w/Tammy	A lower body workout using bodyweight and various equipment to sculpt and strengthen legs, glutes, back and more!
Half/Half w/Mary Grace	A combo of half cardio and half toning.