

# Towers C.C. Group Fitness Schedule November 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 Cari		7:30 - 8:30 am Body Conditioning Loretta		7:30 - 8:30 am Body Conditioning Loretta		Sunday, November 7th 
8:30 - 9:15 am Cardio Dance Mary Grace				8:30 - 9:15 am Cardio Dance/Plus Mary Grace	8:00 - 9:00 am Cardio Jam/Step Tammy	
9:15 - 10:15 am Body Sculpt Mary Grace	9:00 - 10:00 am Mat Yoga Helena	9:00 - 10:00 am Hi/Low Plus Nicole	9:00 - 10:00 am Body Sculpt Nicole	9:15 - 10:15 am Body Sculpt Mary Grace	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	(No class on 11/25)		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	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
12:00 - 1:00 pm-new day/time Ballroom Dancing Mary Grace						11:30 - 12:30 pm Zumba Vicke/Jackie
3:00 - 4:00 pm Pilates Stretch Samantha	3:00 - 4:00 pm Chair Yoga Helena	3:00 - 4:00 pm Chair Yoga Helena		3:00 - 4:00 pm Chair Yoga Mia	Please Note: On Sat., Nov. 13th Loretta will sub Tammy's Classes	Please Note: On Sun., Nov. 21st, Cari will do a gym orientation at 11:30 am. Come to the gym and learn how to use the equipment.
4:00 - 5:00 pm Meditation Mia			4:00 - 5:00 pm Strengthen & Stretch Tammy			
7:00 - 8:00 pm Cardio Kickboxing Tammy	6:00 - 7:00 pm Israeli Dancing Alan Bloom	7:00 - 8:00 pm Zumba Vicke/Jackie	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 add'l session if available.

Sign up begins each Thurs.  
at 5 pm for the following week  
by calling the Front Desk @  
718-428-5030 ext. 0 or in person.

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 allowed  
No-shows will be charged a \$10 fee.

Thanksgiving Hours 6 am - 2 pm



### Fitness Class Reminders

- Please bring a towel if you are using TCC floor mat.
- Please wipe equipment after use and return to proper place.
- Please be courteous - no cell phone use during class.

Please note: All Towers Country Club employees are vaccinated.

- Instructor's directives must be adhered to at all times.
- Aqua classes - masks may not be worn when in the water.

