

TCC - 2024 FITNESS SCHEDULE (updated 1/1/2025)

New Classes

60 Minutes Classes

Aqua Classes

REFORMER CLASSES

MONDAY

8:30am - 8:20am - Beginner / Intermediate (Patti)
9:30am - 10:20am - Beginner / Special Population (Patti)

TUESDAY

9:30am - 10:20am - Beginner (Samantha)

WEDNESDAY

8:30am - 9:20am Intermediate (Patti)
9:30am - 10:20am - Beginner (Patti)
11:30am - 12:20pm - Beginner/ Intermediate (Samantha)

THURSDAY

8:30am - 9:20am - Intermediate /Advanced (Maria)
9:30am - 10:20am - Special Population (Maria)
10:30am - 11:20am Beginner / Intermediate (Samantha)

FRIDAY

9:30am - 10:20am - Beginner (Samantha)

SATURDAY

7:30am - 8:20am - Intermediate (George)
8:30am - 9:20am - Beginner (George)

Policy for Reformer Classes

\$10 for each reformer class, \$200 for 20 classes

Reservation opens 8 days in advance.

Sign up on the app or call the Front Desk 718-428-5030
Cancellations must be made 4 hours prior to the class time to receive the credit for the class.

Late cancellations or no-shows, shall result in the loss of that class.

Schedule is subjected to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am - 8:20am Below the Belt (Cari)		7:30am - 8:20am Body Conditioning Cari		7:30am - 8:20am Circuit Training Cari		
9:30am - 10:20am Cardio Dance Mary Grace	9:30am - 10:20am Feel the Beat! Cari	9:30am - 10:20am Yin Yang Yoga Christine	9:30am - 10:20am Mat Pilates Patti	9:30am - 10:20am Cardio Sculpt Lisa	9:00am - 9:50am Body Blast Tammy	
10:30am - 11:20am Body Sculpt Mary Grace		10:30am - 11:20am Light n' Lively Samantha	10:30am - 11:20am Corrective & Mobility Anthony	10:30am - 11:20am Fab & Fit Cari	10:00am - 10:50am Stretch Tammy	10:00am - 10:50am Studio Sampler Cari
10:30 - 11:20 am Aqua Fit Jeneanne	10:30am - 11:20am Aqua Zumba Leo		10:30 - 11:20 am Aqua Fit Miriam	10:30 - 11:20 am Aqua Fit Lisa	10:30 - 11:20 am Aqua Fit Jeneanne	11:00am - 11:50am Zumba® Tricia
3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia	11:00am - 12:00pm Zumba® Toning/ Pound Tricia	
6:00pm - 6:50pm Ashtanga Yoga Christine	5:30pm - 6:30pm Israeli Folk Dance Allen		5:30pm - 6:30pm Tai Chi/Self Defense Spenser			
		7:00pm - 7:50pm Zumba® Vicke	7:00pm - 8:00pm Line Dancing Rose			