

Towers CC Group Fitness Schedule - November

New Classes
60 Minutes Classes
Aqua Classes

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		
8:30am - 9:20am Cardio Dance Mary Grace			8:30am - 9:20am Zumba® Miriam	8:30am - 9:20am Cardio Dance/Plus Mary Grace	8:00am - 8:50am Cardio Jam/Step Tammy	
9:30am - 10:20am Body Sculpt Mary Grace	9:30am - 10:20am Mat Yoga Helena	9:30am - 10:20am Standing Room Only Nicole	9:30am - 10:20am Body Sculpt Nicole	9:30am - 10:20am Body Sculpt Mary Grace	9:00am - 9:50am Body Blast Tammy	9:00am - 9:50am Half & Half Nicole
10:30am - 11:30am Ballroom Dancing Mary Grace	10:30am - 11:20am Feel the Beat! Cari	10:30am - 11:20am Light n' Lively Samantha	10:30am - 11:20am Corrective & Mobility Anthony	10:30am - 11:20am Fab & Fit Jacqueline	10:00am - 10:50am Stretch Tammy	10:00am - 10:50am Studio Sampler Cari
10:30 - 11:20 am Aqua Fit CariAnn	10:30 - 11:20 am Aqua Fit Helena	10:30am - 11:20am Aqua Fit CariAnn			10:30am - 11:20am Aqua Fit Jeneanne	11:00am - 11:50am Zumba® Vicke
	3:00pm - 3:50pm Chair Yoga Helena	3:00pm - 3:50pm Chair Yoga Helena		3:00pm - 3:50pm Chair Yoga Mia		
4:00pm - 4:50 pm Meditation Mia			4:00pm - 4:50 pm Strengthen & Stretch Tammy			
6:00pm - 6:50pm Cardio Dance CariAnn	6:00pm - 7:00pm Israeli Dancing Alan Bloom	6:00pm - 6:50pm Zumba® CariAnn	5:30pm - 6:30pm Tai Chi/Self Defense Spenser			
7:00pm - 7:50pm Cardio Kickboxing Tammy	7:00pm - 7:50pm Zumba® Vicke	7:00pm - 7:50pm Bootcamp CariAnn	7:00pm - 8:00pm Line Dancing Rose			

- REMINDERS:**
1. Please clean and return all used equipments.
 2. Please be courteous - no cell phone use during class.
 3. Please adhere to Instructor's directives during class.

REFORMER CLASSES

MONDAY
8:30am - 9:20am - Intermediate (Maria)
9:30am - 10:20am - Intermediate (Maria)

TUESDAY
9:30am - 10:20am - Intermediate (Danielle)

WEDNESDAY
11:30am - 12:20pm - Intermediate (Samantha)
6:00pm - 6:50pm - Beginner (George)
7:00pm - 7:50pm - Intermediate (George)

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

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

1 Free Session Per Member Per Week
\$10 for each additional class

Sign Up begins each Thursday at 5:00pm
for the following week, for both Free & Paid sessions.
Sign up in person at the Front Desk or call
718-428-5030 ext. 0

Cancellations must be made 4-hours prior in order to give those on the waitlist adequate notice that they have been added to the class.

All cancellations must be made by 9:00pm the night before classes that are scheduled before 11:00am the following morning.

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

Our Schedule is NOW on BuildingLink under Calendar