



January Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:15am - 9:15am Boot Camp w/JP</p> <p>9:30am - 10:30am Pilates Mat w/Rachel</p> <p>11:00am - 12:00pm Water Fitness w/Brian </p> <p>12:00pm - 1:00pm Zumba Tone w/Janet</p> <p>1:00pm - 2:00pm Stretch & Abs w/Janet</p> <p>6:00pm - 7:00pm LES MILLS BODYPUMP w/Scott</p> <p>7:00pm - 8:00pm Strong Nation w/Mayte</p> <p>8:00pm - 9:00pm Hip Hop Dance w/Shay</p> <p>8:00pm - 9:00pm Cardio Tennis \$ </p>	<p>6:30am - 7:30am Core Strength ★ w/Rachel</p> <p>9:00am - 10:00am Circle Mobility w/Susan</p> <p>10:00am - 11:00am Full Body Strength w/Susan</p> <p>11:00am - 12:00pm Zen Body Balance w/Brian</p> <p>12:00pm - 1:00pm Core Fusion ★ w/Lauren</p> <p>6:00pm - 7:00pm Aqua Fitness w/Janet </p> <p>6:00pm - 7:00pm Vinyasa Yoga w/Rachel</p> <p>7:00pm - 8:00pm Zumba w/Janet</p> <p>8:00pm - 9:00pm Joint Mobility w/Mark</p> <p>8:00pm - 9:30pm Tennis Point Play AB - I \$ </p>	<p>6:30am - 7:30am HIIT w/Sorinel ★</p> <p>8:15am - 9:15am Boot Camp w/JP</p> <p>10:00am - 11:00am Spine Mobility w/Brian</p> <p>11:00am - 12:00pm Water Fitness w/Brian </p> <p>6:30pm - 7:30pm LES MILLS BODYPUMP w/Susan</p> <p>7:30pm - 8:30pm Pilates Mat w/Susan</p> <p>8:00pm - 9:00pm Cardio Tennis \$ </p>	<p>6:30am - 7:30am Morning Yoga w/Sorinel</p> <p>7:30am - 8:30am Mobility, Balance, & Core w/Ellie</p> <p>10:30am - 11:30am Zumba w/Janet</p> <p>12:00pm - 1:00pm Posture & Pain-free Movement w/Lauren ★</p> <p>6:00pm - 7:00pm Barre w/Susan</p> <p>7:00pm - 8:00pm Vinyasa Yoga w/Susan</p> <p>8:00pm - 9:00pm Zumba w/Alvaro</p> <p>8:00pm - 9:30pm Tennis Point Play I- A+ \$ </p>	<p>8:00am - 10:00am Barre w/Susan ★</p> <p>9:00am - 10:00am Wrist Free Yoga w/Rachel</p> <p>11:00am - 12:00pm Water Fitness w/Brian </p> <p>12:00pm - 1:00pm Zumba Tone w/Janet</p> <p>6:00pm - 8:00pm Tennis Point Play \$ </p>	<p>8:00am - 9:00am Lower Body Power w/JP ★</p> <p>9:00am - 10:00am Strong Nation w/Mayte</p> <p>10:00am - 11:00pm Lift Off w/Ellie</p> <p>11:00am - 12:00pm Zumba w/Alvaro</p> <p>12:00pm - 1:00pm Vinyasa Yoga w/Rachel</p>	<p>8:00am - 9:00am Bootcamp w/JP</p> <p>9:15am - 10:15am PIYO w/Susan</p> <p>10:15am - 11:15am Full Body Strength w/Susan</p> <p>11:15am - 12:15pm Zumba w/Susan</p>



= Tennis Court

\$

= Paid class



= Swimming Pool



= Cycle Studio



= New Class

*Schedule subject to change

Class Descriptions

Class Reservations Available Through TCR App

Stretch & Abs

class combining dynamic stretching sequences to improve flexibility and range of motion, followed by targeted core exercises to strengthen and tone abdominal muscles

LES MILLS **BODYPUMP**

Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout. A class will burn around 540 calories.

Barre

High reps and low-impact movements, this class will enable you to burn a significant number of calories and maintain a healthy body weight.

Bootcamp

An interval training class that mixes calisthenics and bodyweight exercises with cardio and strength training.

Hip-Hop Dance

This high-energy fitness class, set to hip-hop music, combines a high intensity workout with hip-hop dance moves.

H.I.I.T

A full-body workout class. A rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.

Vinyasa Yoga

Developing both strength and flexibility, this class is a vigorous approach to a vinyasa style that will challenge both body & mind.

Water Fitness

Get fit in the water. Improves flexibility, strengthens muscles, improves balance and coordination.

Zumba

Dance fitness workout which incorporates hip-hop, Soca, Samba, Salsa, Merengue, Mambo and Martial Arts.

Zumba Tone

The challenge of adding resistance by using light weights, helps you focus on specific muscle groups, so you stay engaged!

Mobility, Balance, & Core

We will strengthen the Mobility, Balance, and Core skills that keep us feeling younger, more capable, and healthier, all in a low-impact, modifiable approach.

Pilates Mat

A challenging class fusing Pilates and Yoga. You will burn, tone, enhance balance and get a great stretch!

Posture & Pain-free Movement

A mindful movement class focused on improving posture, reducing pain, and building body awareness through gentle exercises and alignment techniques for everyday comfort and mobility.

Strong Nation

High intensity interval workout that uses bodyweight, plyometrics, and muscle conditioning movements. Followed by improving mobility, flexibility, and balancing through dynamic stretches and controlled movements.

Core Fusion

Build athleticism and target your entire core - abs, obliques, back and stabilizing muscles in this flow style class while incorporating stretching and breathing.

Lower Body Power

Ideal for anyone looking to boost lower body strength and athletic performance. This is a high-intensity workout focused on building explosive strength and speed in the legs, glutes, and hips.

PIYO

A challenging class fusing Pilates and Yoga. You will burn, tone, enhance balance and get a great stretch!

Wrist Free Yoga

A yoga practice designed to protect and strengthen your wrists by eliminating weight-bearing poses on the hands.

Lift Off

Grab some weights and get ready to work in this total body strength training class. Build strength, confidence, and endurance as we target every major muscle group using a mix of resistance training, functional movements, and core work.

Full Body Strength

A dynamic full-body strength workout targeting all major muscle groups through compound and isolation exercises. Build lean muscle, increase overall strength, and improve functional fitness



The graphic features a light blue background with abstract blue shapes on the sides. At the top center is the TCR logo, which consists of a stylized 'U' shape above the letters 'TCR'. Below the logo, the text 'Winter Wellness Workshop' is written in a large, bold, dark blue font. Underneath this, in a smaller font, it says 'Learn tips for nutrition, fitness and mindfulness to start your year strong and staying motivated.' At the bottom, it states 'Thurs, Jan. 22nd 6:30pm' and 'RSVP on the TCR app'.



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