



April Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:15am - 9:15am Boot Camp w/JP</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 Hip Hop Dance w/Shay</p> <p>8:00pm - 9:00pm Cardio Tennis \$</p>	<p>6:30am - 7:30am Fusion Yoga 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 Boom Squats w/Alvaro</p> <p>6:00pm - 7:00pm Aqua Fit w/Janet</p> <p>7:15pm - 8:15pm Zumba w/Janet</p> <p>8:15pm - 9:15pm Restorative Yoga w/Rachel</p> <p>8:00pm - 9:00pm Tennis Learn to Play \$ 8th, 22nd</p> <p>8:00pm - 9:00pm Pickleball Learn to Play \$ 15th, 29th</p>	<p>6:30am - 7:30am H.I.I.T w/Sorinel</p> <p>8:15am - 9:15am Upper Body w/JP</p> <p>10:00am - 11:00am Spine Mobility w/Brian</p> <p>11:00am - 12:00pm Water Fitness w/Brian</p> <p>12:00pm - 1:00pm Absolute Abs w/Jazzy</p> <p>6:00pm - 7:00pm Pilates Mat w/Susan</p> <p>7:00pm - 8:00pm LES MILLS BODYPUMP w/Susan</p> <p>8:00pm - 9:00pm Cardio Tennis \$</p>	<p>6:30am - 7:30am Morning Yoga w/Sorinel</p> <p>10:30am - 11:30am Zumba w/Janet</p> <p>12:00pm - 1:00pm Chair Yoga w/Rachel</p> <p>6:00pm - 7:00pm Splash Fit w/Brian</p> <p>6:00pm - 7:00pm Strong by Zumba w/Susan</p> <p>7:00pm - 8:00pm Vinyasa Yoga w/Susan</p> <p>8:00pm - 9:30pm Tennis Point Play \$</p>	<p>8:00am - 9:00am 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>8:00am - 9:00am Lower Body Power w/JP</p> <p>9:00am - 10:00am Booty Boot Camp w/Jazzy</p> <p>10:00am - 11:00am Joint Mobility w/Rachel</p> <p>11:00am - 12:00pm Vinyasa Yoga w/Rachel</p> <p>12:00pm - 1:00pm AKC w/Naomi</p>	<p>9:15am - 10:15am PIYO w/Susan</p> <p>10:15am - 11:15am Strength Development w/Susan</p> <p>11:15am - 12:15pm Zumba w/Susan</p>
						<p>Class Location Key</p> <p> = Golf Center</p> <p> = Gymnasium</p> <p> = Class Room</p> <p> = Upstairs Office Area</p>



= Tennis Court

\$ = Paid class



= Swimming Pool



= Cycle Studio



= New Class

Class Descriptions

Class Reservations Available Through TCR App

AKC - All Kinds of Crazy

Fine-tune and strengthen with the use of weighted and non-weighted movements. Its crazy!

LES MILLS BODYATTACK

We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

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.

Core Strength

Use dumbbells and body-weight to chisel out your abs and strengthen your core.

CXT Cycling

This Stationary cycle class is for the beginner cyclist or the advanced rider looking for a quick ride.

Cycle Mayhem

Cycle Mayhem is an indoor cycle class that improves technique for outdoor rides. We ride to loud, intense music all the way.

Gentle Stretch

De-stress with this relaxing stretch class that includes standing and lying yoga stretches.

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.

Lower Body Power

Strength training for legs and glutes.

Power Yoga

Restore, recover, and refocus in this restful practice that holds poses for longer duration using props like yoga blocks.

Circle Mobility

Focuses on flexibility, breathwork, and mobility exercises to help you move better, longer.

PIYO

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

Pilates Mat

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

Restorative Yoga

Restore, recover, and refocus in this restful practice that holds poses for longer duration using props like yoga blocks.

Spine Mobility

This class is for those who are looking to improve mobility and range of motion to their head, neck, mid and lower back while listening to music.

LES MILLS Strength Development

Progressive strength training, meaning each workout focuses on a specific training protocol for building strength over 12 workouts.

Strong by Zumba

Stop counting the reps. Start training to the beat. Combines body weight, muscle conditioning, cardio and plyometric training.

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.

Splash Fit

Get fit in the water. This is a high intensity class and incorporates more of a cardio workout

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!

Whats Trending?



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