



April Group Fitness Class Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

8:15am - 9:15am
Boot Camp
w/JP

11:00am - 12:00pm
Water Fitness
w/Brian

12:00pm - 1:00pm
Zumba Tone
w/Janet

1:00pm - 2:00pm
Stretch & Abs
w/Janet

6:00pm - 7:00pm
LES MILLS BODYPUMP
w/Scott

7:00pm - 8:00pm
Hip Hop Dance
w/Shay

8:00pm - 9:00pm
Cardio Tennis \$

6:30am - 7:30am
Fusion Yoga
w/Rachel

9:00am - 10:00am
Circle Mobility
w/Susan

10:00am - 11:00am
Full Body Strength
w/Susan

11:00am - 12:00pm
Zen Body Balance
w/Brian

12:00pm - 1:00pm
Boom Squats
w/Alvaro

6:00pm - 7:00pm
Aqua Fit
w/Janet

7:15pm - 8:15pm
Zumba
w/Janet

8:15pm - 9:15pm
Restorative Yoga
w/Rachel

8:00pm - 9:00pm
Tennis Learn to Play \$ 8th, 22nd

8:00pm - 9:00pm
Pickleball Learn to Play \$ 15th, 29th

6:30am - 7:30am
H.I.I.T
w/Sorinel

8:15am - 9:15am
Upper Body
w/JP

10:00am - 11:00am
Spine Mobility
w/Brian

11:00am - 12:00pm
Water Fitness
w/Brian

12:00pm - 1:00pm
Absolute Abs
w/Jazzy

6:00pm - 7:00pm
Pilates Mat
w/Susan

7:00pm - 8:00pm
LES MILLS BODYPUMP
w/Susan

8:00pm - 9:00pm
Cardio Tennis \$

6:30am - 7:30am
Morning Yoga
w/Sorinel

10:30am - 11:30am
Zumba
w/Janet

12:00pm - 1:00pm
Chair Yoga
w/Rachel

6:00pm - 7:00pm
Splash Fit
w/Brian

6:00pm - 7:00pm
Strong by Zumba
w/Susan

7:00pm - 8:00pm
Vinyasa Yoga
w/Susan

8:00pm - 9:30pm
Tennis Point Play \$

8:00am - 9:00am
Barre
w/Susan

9:00am - 10:00am
Wrist Free Yoga
w/Rachel

11:00am - 12:00pm
Water Fitness
w/Brian

12:00pm - 1:00pm
Zumba Tone
w/Janet

8:00am - 9:00am
Lower Body Power
w/JP

9:00am - 10:00am
Booty Boot Camp
w/Jazzy

10:00am - 11:00am
Joint Mobility
w/Rachel

11:00am - 12:00pm
Vinyasa Yoga
w/Rachel

12:00pm - 1:00pm
AKC
w/Naomi

9:15am - 10:15am
PIYO
w/Susan

10:15am - 11:15am
Strength Development
w/Susan

11:15am - 12:15pm
Zumba
w/Susan

Class Location Key

- = Golf Center
- = Gymnasium
- = Class Room
- = Upstairs Office Area

= 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?



JOINT MOBILITY
W/RACHEL

Saturdays 10-11am

RSVP



The poster features a purple background with white and yellow text. It includes an illustration of three people (a man, a woman, and a child) performing mobility exercises. The TCR logo is in the bottom right corner.



**2600 Netherland Ave
Riverdale NY, 10463**

(718) 796-9099

tcr-nyc.com