



March Group Fitness Class Schedule

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



= 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 BODY PUMP

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!

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

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.



2600 Netherland Ave
Riverdale NY, 10463

(718) 796-9099

tcr-nyc.com