



# May Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-12:00pm <b>LES MILLS VIRTUAL</b> On Demand          11:00am-12:00pm <b>Water Fitness</b> w/Brian	6:00am-9:00am <b>LES MILLS VIRTUAL</b> On Demand  9:00am-10:00am <b>Gentle Stretch</b> w/Susan  10:00am-11:00am <b>Cardio Kickboxing</b> w/Susan	6:00am-12:00pm <b>LES MILLS VIRTUAL</b> On Demand          11:00am-12:00pm <b>Water Fitness</b> w/Brian	6:00am-10:30am <b>LES MILLS VIRTUAL</b> On Demand  10:30am-11:30am <b>Zumba®</b> w/Janet	8:00am-9:00am <b>Wrist Free Hatha Yoga</b> w/Rachel  9:00am-10:00am <b>Stretch &amp; Roll</b> w/Rachel       11:00am-12:00pm <b>Water Fitness</b> w/Brian	8:00am-9:00am <b>Lower Body Power</b> w/JP  9:00am-10:00am <b>Zumba®</b> w/Shay  10:00am-11:00am <b>Core Strength</b> w/Rachel  11:00am-12:00pm <b>All Levels Yoga</b> w/Rachel	8:00am-9:00am <b>LES MILLS VIRTUAL</b> On Demand  9:00am-10:00am <b>PIYO</b> w/Susan  10:00am-11:00am <b>LES MILLS Body Pump</b> w/Susan  11:00am-12:00pm <b>Cycle Mayhem</b> w/Susan
12:00pm-1:00pm <b>Zumba® Tone</b> w/Janet	12:00pm-3:00pm <b>LES MILLS VIRTUAL</b> On Demand	1:00pm-2:00pm <b>You Rock!</b> w/Brian	12:00pm-3:00pm <b>LES MILLS VIRTUAL</b> On Demand	12:00pm-1:00pm <b>Zumba® Tone</b> w/Janet	12:00pm-1:00pm <b>Small Group Training</b> \$ w/Mike	12:00pm-6:00pm <b>LES MILLS VIRTUAL</b> On Demand
6:00pm-7:00pm <b>Yoga Fusion</b> w/Rachel  6:00pm-6:45pm <b>Tread Strong</b> w/Mike  7:00pm-8:00pm <b>LES MILLS BodyStep</b> w/Scott  8:00pm-9:00pm <b>Hip Hop Dance</b> w/Shay	6:00pm-7:00pm <b>LES MILLS Body Pump</b> w/Scott  6:00pm-7:00pm <b>Cycle of Doom</b> w/Janet  7:00pm-8:00pm <b>Zumba®</b> w/Janet  7:00pm-8:00pm <b>Splash Fit</b> w/Mike	6:00pm-7:00pm <b>Pilates Mat</b> w/Susan  7:00pm-8:00pm <b>CXT Cycling</b> w/Susan  7:00pm-8:00pm <b>Small Group Training</b> \$ w/Mike  8:00pm-9:00pm <b>LES MILLS Body Pump</b> w/Susan  8:00pm-9:00pm <b>Cardio Tennis</b> \$	6:00pm-7:00pm <b>Strong by Zumba®</b> w/Susan  7:00pm-8:00pm <b>Vinyasa Yoga</b> w/Susan  7:15pm-8:00pm <b>Tread Strong</b> w/Mike  8:00pm-9:00pm <b>Breathwork &amp; Meditation</b> w/Arcenio	1:00pm-6:00pm <b>LES MILLS VIRTUAL</b> On Demand  6:00pm-7:00pm <b>Sanity Stretch</b> w/Mike		
<p>  = Virtual Class              = Cycle Studio              = Tennis Court              = Treadmill              = Swimming Pool             \$ = Paid Class         </p>						

## Class Descriptions

### Reserve Your Spot in the TCR App

#### All Levels Yoga

Focus on developing clear and safe alignment in foundational poses.

#### 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.

#### LES MILLS Body Step

You can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.

#### Bootcamp

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

#### Core Strength

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

#### CTX 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.

#### Cycle of Doom

Spin your way through the ups and downs of the treacherous hills to safety.

#### 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.

#### Lower Body Power

Strength training for legs and glutes.

#### Meditation & Breathwork

Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

#### Pilates Mat

Focuses on strengthening and lengthening form of exercise that focuses on your core while also training your arms and legs.

#### PIYO

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

## Class Descriptions

### Reserve Your Spot in the TCR App

#### Small Group Training

Each small group training class provides a great workout that may include strength training, agility, plyometrics and HIIT.

#### Splash Fit

Splash Fit is not your typical workout class - a full-body cardio workout that is easy on your joints and refreshing for your mind and body.

#### Stretch & Roll

Uses foam rollers to improve circulation and delivery of oxygen, nutrients, and blood to the muscle.

#### Strong By Zumba®

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

#### TaiKata

Develop faster reflexes, better focus, intensity and mental toughness, and a stronger core.

#### Tread Strong

This 30 minute class combines treadmill challenges mixed with light weights for a strength and cardio workout.

#### 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.

#### Yoga Fusion

Combines traditional yoga poses with strength training, cardio, and Pilates. Burn fat, build muscle, and increase flexibility.

#### You Rock!

Move your body to the classic rock songs in this beginner level aerobic class.

#### 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!

# Group Fitness Class Schedule

May  
2023



**2600 Netherland Ave  
Riverdale, NY 10463  
Phone; 718 796 9099**

Download our app!  
Search app store for TCR The  
Club of Riverdale.