













TCR February Group Fitness Class Schedule

MONDAY	TUESDAY	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-8:15am LES MILLS VIRTUAL On Demand	7:00am-8:00am ★ Morning Yoga w/Rachel	6:00am-8:15pm LES MILLS VIRTUAL On Demand	6:30am-7:30am ★ Morning Yoga w/Sorinel	8:00am-9:00am Wrist Free Yoga w/Rachel	8:00am-9:00am Lower Body Power w/JP	8:30am-9:30am ★ Small Group Strength Training \$ w/Susan Ends Feb 11th
8:15am-9:15am ★ Boot Camp w/JP	9:00am-10:00am Gentle Stretch w/Susan	8:15am-9:15am Boot Camp w/JP		9:00am-10:00am Stretch & Roll w/Rachel	9:00am-10:00am Zumba® w/Shay	9:30am-10:30am PIYO w/Susan
9:15am-12:00pm LES MILLS VIRTUAL On Demand	10:00am-11:00am ★ Strong Bar w/Susan			10:30am-11:30am ★ Boot Camp w/JP	10:00am-11:00am Core Strength w/Rachel	10:30am-11:30am LES MILLS BODYPUMP w/Susan
11:00am-12:00pm Water Fitness  w/Brian	11:00am-12:00pm Zen Toning \$ w/Brian	11:00am-12:00pm Water Fitness  w/Brian	10:30am-11:30am Zumba® w/Janet	11:00am-12:00pm Water Fitness  w/Brian	11:00am-12:00pm Vinyasa Yoga w/Rachel	
12:00pm-1:00pm Zumba® Tone w/Janet	12:00pm-12:30pm ★ Body Balance w/Brian	12:30pm-1:00pm ★ Spine Mobility w/Alex	12:00pm-1:00pm Chair Yoga w/Rachel	12:00pm-1:00pm Zumba® Tone w/Janet	12:00am-1:00pm Restorative Yoga w/Rachel	11:30am-12:30pm Cycle Mayhem w/Susan 
1:00pm-2:00pm ★ Stretch & Abs w/Janet	2:00pm-6:00pm LES MILLS VIRTUAL On Demand	1:00pm-2:00pm You Rock! w/Brian	1:00pm-2:00pm Zen Toning w/Brian	1:00pm-10:00pm LES MILLS VIRTUAL On Demand	1:00pm-10:00pm LES MILLS VIRTUAL On Demand	12:00pm-6:00pm LES MILLS VIRTUAL On Demand
2:00pm-6:00pm LES MILLS VIRTUAL On Demand	6:00pm-7:00pm Splash Fit  w/Brian	6:00pm-7:00pm Pilates Mat w/Rachel				
6:00pm-7:00pm ★ LES MILLS BODYATTACK w/Scott	6:00pm-7:00pm LES MILLS BODYPUMP w/Scott	7:00pm-8:00pm CXT Cycling  w/Susan				
7:30pm-8:30pm Hip Hop Dance w/Shay	7:00pm-8:00pm Zumba® w/Janet	7:00pm-7:30pm ★ Sports Stretch & Core w/Alex	6:00pm-7:00pm Strong by Zumba w/Susan			
	8:00pm-9:00pm Zumba® Tone w/Janet	8:00pm-9:00pm Cardio Tennis \$  w/Susan	7:00pm-8:00pm Vinyasa Yoga w/Susan			
		8:00pm-9:00pm LES MILLS BODYPUMP w/Susan				

 = Virtual Class
  = Cycle Studio
  = Tennis Court
  = Treadmill
  = Swimming pool
 \$ = Paid classes
 ★ = New Class

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 BODYSTEP

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

LES MILLS BODYATTACK

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

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.

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.

Class Descriptions

Reserve Your Spot in the TCR App

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!

Stretch & Roll

Use 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.

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!

Zen toning

Strengthen and tone your arms, legs & abs. NO FLOOR WORK! All exercises are done sitting or standing and are personalized to your specific needs.

Upcoming Special Event



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

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