



# April Group Fitness Class Schedule

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

### Body Balance

This class is specific for those who are looking to maintain and improve their balance.

### 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.

### 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.

### 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.

# Special Event



2600 Netherland Ave  
Riverdale, NY 10463  
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Download our app!  
Search app store for  
TCR The Club of Riverdale.