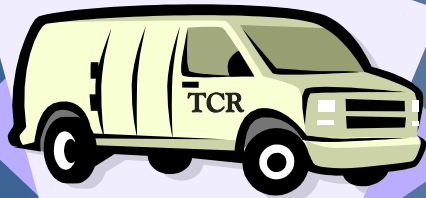


Transportation

We offer door-to-door transportation for all your TCR needs!

One Way:	\$35
Round-Trip:	\$60
Round-Trip 10 Pack:	\$450
Round-Trip 14 Pack:	\$600
Round-Trip 28 Pack:	\$1,150



Add the ultimate convenience and peace of mind to your service with TCR Member Transport.

Specialized Training Packages

TCR's Specialized Training Packages offer you the opportunity to progress privately in your desired aspect of Training.

Whether the thought of entering a class intimidates you, or you just want to have the special attention of the instructor, Specialized Training can help!

<u>SPECIALIZATION</u>	<u>INSTRUCTOR</u>
-----------------------	-------------------

Private Yoga	Patrick
Private Qigong	David
Private Tai Chi	David
Self Defense Extreme	Osondu
Pilates Reformer	Linda

These are available as 1-hour sessions, all geared toward the noted specialization. If you have suggestions for other aspects of Specialized Training, please feel free to contact the Fitness Director and we will do our best to accommodate your request!

Personal Training



Personal Training
Group Training
Pilates Reformer
Specialization
Flexibility

TCR

2600 NETHERLAND AVE.
RIVERDALE, NY 10463
PHONE: 718 796 9099
FAX: 718 796 9530
WEB: WWW.TCR-NYC.COM

Personal Training

A certified personal trainer can help anyone regardless of physical condition or age, whether you want to tone up, slim down, recover from an injury or looking to improve your 'game' TCR has a multidisciplinary staff that can help you reach your fitness goal.

Working with a personal trainer provides you with a full, in-depth Fitness Assessment, making very clear where you are starting from and how best to get to where you want to go. We take the guesswork out of your workout!



: Personal Training Rates:

1 Hour Private	\$100
3 Pack Trial*	\$180
10 Hours Private	\$800
20 Hours Private	\$1,500

*3 Pack Trial must be purchased at enrollment
Full payment due with reservation!

Please note: A 24 hour cancellation rule applies to all appointments!

Personal Training sessions expire 120 days from purchase date.

Let us point you in the right direction!

Group Personal Training

Train with a buddy! Under the guidance of a TCR Certified Personal Trainer you can achieve your optimal level of fitness amongst friends at a fraction of the cost.



: Group Personal Training Rates:

2 Participants

1 Hour	\$60/Per Person
5 Hours	\$300/Per Person
10 Hours	\$580/Per Person

3 Participants

1 Hour	\$50/Per Person
5 Hours	\$250/Per Person
10 Hours	\$225/Per Person

4 Participants

1 Hour	\$45/Per Person
5 Hours	\$225/Per Person
10 Hours	\$430/Per Person

Pilates Reformer

Available for members in group or private lessons, Pilates reformer is good for core strength, alignment and flexibility!



: Group Pilates Reformer Rates:

1 Hour	\$30
10 Pack	\$250

: Private Pilates Reformer Rates:

1 Hour	\$100
10 Pack	\$800

Flexibility Training

Feeling stiff? Not quite ready for that yoga class? Sign up for our 30-minute Flexibility Training classes!

: Flexibility Training Rates:

30 Minute Private	\$60
3 Half-hour sessions	\$175
10 Half-hour sessions	\$550
20 Half-hour sessions	\$1060