

## February Updates

- Give a warm welcome to our new spin instructor, Ali!

The schedule is subject to change monthly based on class attendance, and overall response.

**Water Fitness:** Splash your way to greater fitness! Increase joint mobility, improve cardiovascular conditioning, and increase total body strength in this fun, challenging, no-impact water workout. Open to all ages and fitness levels!

**Triathlete Challenge:** Challenge your body and/or train for that upcoming race in this cutting edge class. With 3 20-minute segments of different styles of workouts including, but not limited to, biking, running, spin and circuit training.

**AquaBurn:** Feel the burn in the water as we take you through a fun, high intensity water workout!

**Pilates Mat:** A combination of exercises that stretch, balance, and align with grace and power. Performed in a non stop series of exercises, Pilates teaches body awareness and good posture while increasing core strength, flexibility, and agility.

**Yoga Flow:** Vinyasa slow flow practice that focus on quality transition between posture and awareness of breath and mind.

**TAI-CHI:** Ancient Chinese Exercise great for all ages and physical conditions.

**Body Blast:** (From the ground up!) Say goodbye to those problem areas in this 45 minute abdominal/lower body attack.

**Cardio Tennis:** A fun, group activity on the tennis courts! Featuring tactical drilling and games to give people of all ages and abilities an ultimate high energy workout and competitive edge.

**Qigong:** A practice that combines various Chinese systems of physical and mental training for health, martial arts, and self-enlightenment.

**Sculpt & Sweat:** Challenge yourself safely in this dynamic workout that targets every major muscle group, blasting fat away while sculpting and defining muscles! Modifications are available, opening this class to all ages and levels of fitness!

**Candy Man Workout:** A fun work out that tones and strengthen the entire body using varying equipment (bands, d-bells, body-bars, balls). Made for everyone from the novice to the advanced, get your luscious legs and your sweet sculpted arms in no time.

**Red Carpet Ready:** This workout includes cardio, PLYometrics, alignments, core strength and targeted toning. Get ready for a real work out with real results!

**Pilates Reformer:** Challenge and strengthen your body on the Pilates Reformer in a small semi-private group. Reserve your spot at the Front Desk today! **Fee Class.**

**Urban Warrior Bootcamp:** Check out the ultimate fat burning workout! Cardio and Strength training roll into one in this class taken directly from the hardest sport in the world!

**Gentle Stretch:** Start your day lithe and limber, as this class will take you through a series of stretches to lengthen and relax your muscles. All levels and ages welcome.

**Stability Core Blast:** Unleash the power in your core muscles as you work through a full body workout entirely on the stability ball.

**Flexibility Fusion:** A complete flexibility workout incorporating elements from all types of flexibility workouts (Yoga, Pilates, dynamic & static stretching)

**Full Body Blast:** Blast away the calories and challenge yourself with this invigorating and high intensity class!

# Group Exercise Calendar

February  
2012



# TCR

The Club of Riverdale  
2600 Netherland Ave,  
Riverdale, NY 10463  
Phone: 718 796 9099

[WWW.TCR-NYC.COM](http://WWW.TCR-NYC.COM)

[www.twitter.com/tcr\\_nyc](http://www.twitter.com/tcr_nyc)

# February Group Exercise Calendar

MON	TUE	WED	THU	FRI	SAT
	6:15 – 7:15 AM <b>Rise &amp; Shine Yoga</b> Patrick	8:00 – 8:45 AM <b>Tai Chi</b> David	6:15 – 7:15 AM <b>Rise &amp; Shine Yoga</b> Patrick		10:00 – 11:00 AM <b>Power Step Interval</b> Susan
9:00 – 10:00 AM <b>Gentle Stretch</b> Susan		9:00 – 9:45 AM <b>Qigong</b> David	9:00-10:00AM <b>\$ Cardio Tennis \$</b> Richard	9:00AM - 10:00AM <b>Strength &amp; Tone</b> Dominique	11:00 – 12:00 PM <b>Advanced Pilates Mat</b> Susan
10:00 – 11:00 AM <b>Candy Man Workout</b> Susan	8:00 – 9:00 AM <b>Pilates Mat</b> Linda	9:00 – 9:45 AM <b>Spin</b> Ali	9:00 – 10:00 AM <b>Total Body Workout</b> Susan	9:30 – 10:30 AM <b>Spin</b> Susan	12:00 – 1:00 PM <b>ZUMBA</b> Susan
12:15 – 1:15PM <b>Water Fitness</b> Catherine	9:00-10:00AM <b>\$ Cardio Tennis \$</b> Richard	10:00 – 11:00 AM <b>Body Blast</b> Dominique	10:00 – 11:00 AM <b>ZUMBA™</b> Susan	10:00AM - 11:00AM <b>Flexibility Fusion</b> Dominique	4:00 – 5:00PM <b>Yoga Basics</b> Patrick
6:30 – 7:30PM <b>Pilates Mat</b> Linda	10:00 – 11:00 AM <b>Yoga Flow</b> Susan	12:15 – 1:15PM <b>Water Fitness</b> Catherine		12:15 – 1:15PM <b>Water Fitness</b> Catherine	
6:30 – 7:30 PM <b>AquaBurn</b> Osondu		1:30PM – 2:30 PM <b>\$ Pilates Reformer \$</b> Linda			8:30-9:30AM <b>\$ Cardio Tennis \$</b> 
7:30 – 8:30 PM <b>Urban Warrior Boot Camp</b> Osondu	6:30 – 7:30PM <b>Full Body Blast</b> Catherine	6:30 – 7:30PM <b>Red Carpet Ready</b> Susan	7:00 – 8:00 PM <b>ZUMBA™</b> Susan	6:00 PM - 7:00 PM <b>Triathlete Challenge</b> Osondu	9:00 – 10:30 AM <b>Hatha/Vinyasa</b> Patrick
7:30PM – 8:30 PM <b>\$ Pilates Reformer \$</b> Linda	7:30 – 8:30PM <b>Fitness Yoga Workout</b> Catherine	6:30PM – 7:30 PM <b>\$ Pilates Reformer \$</b> Linda	7:30-8:30PM <b>\$ Cardio Tennis \$</b> Richard		10:30 – 11:30 AM <b>Better Body Boot Camp</b> Osondu
8:00-9:00PM <b>\$ Cardio Tennis \$</b> Richard	7:30-8:30PM <b>\$ Cardio Tennis \$</b> Richard	7:30 – 8:30 PM <b>Spin</b> Susan	8:00PM – 9:00 PM <b>Stability Core Blast</b> Catherine		11:30AM – 12:30 PM <b>Spin</b> Ali
		7:30 – 8:30 PM <b>ZUMBA</b> Rachel			5:00PM – 6:00 PM <b>\$ Pilates Reformer \$</b> Linda

Low Attendance
  Medium Attendance
  High Attendance
  New Class
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