

# September Updates

- **NEW CLASSES!** TreadSweat (In Fitness Center), Candle Man Workout, Yoga Flow and Red Carpet Ready
- First TreadSweat begins on September 13th
- Follow us on Twitter! Our name is TCR\_NYC, check out [www.twitter.com/tcr\\_nyc](http://www.twitter.com/tcr_nyc)

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!

**12 Rounds Kickboxing:** A brand new concept in fitness training, this program combines the fun and excitement of a kickboxing workout with the fat burning and metabolism-boosting training of a fitness boot camp.

**Moderate Vinyasa Yoga:** Is at a slower pace based in gentle stretch and relaxation. It begins with a step-back series of sun salutations and introduces the practice of flowing from one pose to the next. More attention will be paid to precision alignment and relaxation.

**Hatha Yoga Workout:** An energizing Yoga workout that follows a three mountain format. Warm up the body during Mountain One, as you Valley through Sun Salutations to the work of Mountain Two, and Valley through to the deep stretching of Mountain Three. Feel stretched, refreshed, and ready for anything as you start your day!

**Rise and Shine Yoga:** Awaken your body and mind in this Eclectic Yoga class open to all levels of Yogis and Yoginis alike! Working on deepening the connection between breath and body with grace and ease, this class focuses on the physical alignment with fluid, connected movements that create strength, coordination, and flexibility! Inspire your body to move and gain that confidence to take on anything that comes your way that day and beyond!

**Pilates Mat:** this class offers combo of exercises that stretch, balance, align, with the graceful and powerful 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.

**Journey Dance:** an invigorating and improvisational dance practice that guides participants on a journey through their chakras/energy centers. By giving movement suggestions that correlate with the different energy centers it empowers participants to balance and align their body, mind and soul.

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

**ZUMBA:** Fusion of Latin pop music and dance themes creating a dynamic, exciting effective fitness class. The routine features aerobic and fitness interval training with combinations of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.

**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!

**TreadSweat:** Challenge your cardio fitness in this 40 minute, high intensity interval class! Be sure to bring a towel and water, and come ready to sweat the calories away!

**Candle 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!

# Group Exercise Calendar

September  
2010



# TCR

The Club of Riverdale  
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**WWW.TCR-NYC.COM**

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

## September Group Exercise Calendar

MON	TUE	WED	THU	FRI	SAT
<p>6:15 – 7:00 AM <b>Mountain Spin</b> Felix</p>	<p>6:15 – 7:15 AM <b>Rise &amp; Shine Yoga</b> Shawna</p>	<p>6:15 – 7:00 AM <b>Mountain Spin</b> Kathy/Eugene</p>	<p>6:15 – 7:15 AM <b>Rise &amp; Shine Yoga</b> Shawna</p>		<p>10:00 – 11:00 AM <b>Power Step Interval</b> Susan</p>
<p>10:00 – 11:00 AM <b>Candle Man Workout</b> Susan</p>	<p>9:15 - 10:00AM <b>12 Rounds Kickboxing</b> Bryan</p>	<p>9:00 – 9:45 AM <b>Spin</b> Eugene</p>	<p>9:00 – 10:00 AM <b>Total Body Workout</b> Susan</p>	<p>9:30 – 10:30 AM <b>Spin</b> Susan</p>	<p>11:00 – 12:00 PM <b>Advanced Pilates Mat</b> Susan</p>
<p>12:15 - 1:15PM <b>Water Fitness</b> Catherine</p>	<p>10:00 – 11:00 AM <b>Yoga Flow</b> Susan</p>	<p>10:00 – 10:45 AM <b>Body Blast</b> Eugene</p>	<p>10:00 – 11:00 AM <b>ZUMBA™</b> Susan</p>	<p>11:00 - 11:45AM <b>12 Rounds Kickboxing</b> Bryan</p>	<p>4:00 - 5:00PM <b>Yoga Basics</b> Patrick</p>
<p>6:30 - 7:30PM <b>Journey Dance</b> Trinity</p>		<p>11:00 – 12:00 PM <b>Light Stretch &amp; Tone</b> Catherine</p>			
<p>7:30 – 8:30 PM <b>Moderate Vinyasa Yoga</b> Trinity</p>	<p>6:30 - 7:30PM <b>Total Body</b> Catherine</p>	<p>12:15 - 1:15PM <b>Water Fitness</b> Catherine</p>	<p>6:30 – 7:30 PM <b>Pilates Mat</b> Susan</p>	<p>12:15 - 1:15PM <b>Water Fitness</b> Catherine</p>	<p>9:00 – 10:30 AM <b>Hatha/Vinyasa</b> Catherine</p>
<p>7:30 – 8:30 PM <b>TreadSweat</b> <i>*In fitness center*</i> Begins Sept 13th</p>	<p>7:30 - 8:30PM <b>Sculpt &amp; Sweat</b> Catherine</p>	<p>6:30 - 7:30PM <b>Red Carpet Ready</b> Susan</p>	<p>7:30 – 8:30 PM <b>ZUMBA™</b> Susan</p>		<p>10:30 – 11:30 AM <b>Specialized Fitness</b> Felix</p>
<p>8:30 - 9:15PM <b>Tai Chi</b> David</p>		<p>7:30 – 8:30 PM <b>Spin</b> Susan</p>			<p>11:30 – 12:30 PM <b>Spin</b> Felix</p>

  Low Attendance

  Medium Attendance

  High Attendance

  New Class

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