

# MON TUE

All facilities open at 6:00 AM  
Club closes at 11:00 PM Pool at 10:45 PM

9:00 – 10:00 AM  
Cardio Express  
**Susan**

8:30-9:30 AM  
TLC Total Legs  
& Core  
Aisha

10:00 – 11:00 AM  
Total Body  
Workout  
**Susan**

9:30 – 10:30 AM  
Hatha Yoga  
Open- All Levels  
**Adelaide**

11:00 – 12:00 PM  
Int. Pilates Reformer  
**Adelaide**  
F

10:30 – 11:30 AM  
Beginner Pilates  
Flex bands /  
Pilates Ring  
**Adelaide**

12:15 – 1:15 PM  
Water Fitness  
**Adelaide**

6:30-7:15 PM  
Core  
challenge  
**Angelique**

6:30-7:30 PM  
Zumba  
**Angelique**  
F

Co-ed pick up  
Volleyball  
7-8:30 pm in gym

7:15 – 8:00 PM  
SPIN  
**Angelique**

7:30-8:30 PM  
Extreme  
conditioning  
**Angelique**

8:00 – 9:00 PM  
Hatha Yoga /  
Vinyasa  
**Vivian**

# WED THU

All facilities open at 6:00 AM  
Club closes at 11:00 PM Pool at 10:45 PM

6:00 – 7:00 AM  
Mountain Spin  
**Angelique**

8:30-9:30 AM  
TLC  
Total legs &  
Core  
**Aisha**

9:30 – 10:15 AM  
Cardio Challenge  
**Melissa**

10:15 – 11:15 AM  
Circuit training &  
Stretch  
**Adelaide**

10:00 – 11:00 AM  
SPIN  
**Susan**

11:15 – 12:00 PM  
Pilates Mat  
**Adelaide**

11:00 – 12:00 PM  
Total Body  
Workout  
**Susan**

12:15 – 1:15 PM  
Water Fitness  
**Adelaide**

6:00 – 7:00 PM  
Beginner Pilates  
Mat / Flex bands  
**Susan**

6:00-7:00 PM  
Extreme  
Conditioning  
**Angelique**

7:00 – 9:00 PM  
Pick up  
Basketball

7:00 – 8:00 PM  
Zumba  
**Angelique**  
F

7:00 -8:00 PM  
SPIN  
**Susan**

8:00-9:00 PM  
Beg.-Int. reformer  
**Adelaide**  
F

8:00-9:00 PM  
Hatha Yoga /  
Vinyasa  
**Vivian**

# FRI SAT

All facilities open at 6:00 AM on Friday  
Club closes at 11:00 PM Pool at 10:45pm  
Club opens at 7:30 AM, Pool at 8:00 AM on  
Saturday. Club closes at 10:00 PM, Pool at 9:45 PM

9:30—10:30 AM  
Pilates Tubing  
**Adelaide**

10:00 - 11:00 AM  
Power Step  
Interval  
**Susan**

**Adelaide**

11:00 – 12:00 PM  
Int. - Adv. Pilates  
Mat  
**Susan**

11:00 – 12:00 PM  
Int.-Adv. Pilates  
Reformer  
**Adelaide**  
F

3:00 – 4:00 PM  
Hatha Yoga /  
Vinyasa  
**Adelaide**

## SUNDAY

12:15 – 1:15 PM  
Water Fitness  
**Adelaide**

9:00 – 10:00 AM  
Pilates mat  
Melissa

**Adelaide**

10:00 – 11:00 AM  
Total body  
**Melissa**

6:30—7:30 PM  
Intro to kick boxing  
**Jaime**  
F

Intro to Kboxing  
11:00 am-12:00  
**Jaime**  
F

12:30 - 1:30 PM  
Pilates Reformer \$  
Beginners  
**Adelaide**  
F

## Spring into Fitness and Fun at TCR

The month of May is national physical fitness month, am I the only one who finds this a comical concept? Who thinks this stuff up? Each year we will designate the month of –uh...let's see February, no can't get fit in only twenty-eight days or even twenty-nine for that matter. Must be at least thirty, preferably thirty-one, that narrows things down some let's go with May. Nice weather, flowers are blooming, no major eating holidays—at least until Memorial Day bbq and if we haven't gotten fit in the first twenty-five days of May—well, it ain't happening this year.

Why not commit to a lifetime of fitness instead of a month. Why isn't wellness and health woven into the fabric of our lives?

Why on one hand does the government make the 'No child left behind' legislation laws, which practically removes physical education from school curriculum and turn around and designate a month to physical fitness. Does this make sense to you?

At any rate, we at TCR, being politically correct and sensitive to the other eleven months are offering a promotion we are calling 'The other eleven-why not us?' For the sake of brevity going forward we will refer to it simply as, 11.

TCR will offer all our amenities all yearlong—not only in May, the designated fitness month but 'the other 11' as well!

Please take advantage of this special offer and let the Government know, we will get fit all year long, it is our constitutional right, Life, Liberty and the pursuit of wellness.....

Personal training, group exercise, swimming, tennis—TCR has it all!

**Water Fitness: Aqua** Fitness Class Great for Increased Joint Mobility, Improved Cardiovascular Conditioning and Upper and Lower Body Strength. Beginners and seniors welcome.

**Cardio Express:** A 40-minute cardio kick followed by a 15 stretch and cool down.

**Cardio Challenge**-cardio workout with stomp ability-come find out what all the noise is about

**Hatha Yoga** Is A Slower Paced 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.

**Pilates Mat** Strengthening And Stretching Discipline Based On The Teaching Of Joseph Pilates. Benefits Strong Abs, Back And Butt. Increase your Flexibility and Mind Body Focus. All Levels are Welcome. **Pilates Tubing** includes the use of rubber stretch tubing.

**Total Body Workout** an Awesome Cross Training Class Working Each Body Part As Well As Your Cardiovascular System All Levels. No Holds Barred: Total body workout using weighted body bars to sculpt and fine tune your entire body. All levels welcome

**Extreme Conditioning** This is an extreme total body work out incorporating medicine balls, tubing and partner work.

**TLC-total legs and core**, this class is designed to address strength and balance issues in the hips, glutes & quads

**Spinning** Take The Next Step In Your Cardiovascular Workout. Experience Hills, Sprints, Open Road & Jumps In This 45 Min Interval Training Class.

**Mountain Spin** This 55 Minute Spinning Class Is Designed For The Intermediate To Advanced Rider. Experience Longer Drills, More Challenging Hills and Workouts That Are Training Specific

### **Classes that require an additional fee:**

**Pilates Reformer** Come And See What All The Fuss Is About. Take Part In The Century Old Workout Form Where Core Engagement Is The Basis For Every Move.

**Intro to kick boxing:** This is not Tae Bo! This is a fighting class. Learn boxing skills as well as kicks from Jun fan (Bruce lee's style) and Thai Boxing as you get fit without getting hit.

**Zumba** hot Latin dance inspired aerobics class...tons of fun! This class is hot! Free demo classes-check at front desk for times

**\*Classes marked with an F, require an additional fee.**

*New for May-*

**Coed Volleyball-Monday evenings 7:00—8:30PM**

**Pick-up basketball- Thursday evenings 7:00—9:00PM**

# MAY 2008 CALENDAR



## Babysitting hours:

*Suspended*

For the month of May

Due to the construction of our  
new nursery

We look forward to the  
opening of our great new  
children's space

## TCR

The Club of Riverdale

2600 Netherland Ave, Riverdale, NY 10463

Phone: 718 796 9099