



COMMITTEE  
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## **FITNESS AT THE BEACH CLUB**

Looking for more fun at the Beach Club? We have 3 fitness instructors and need your help to create the best program.

### **INSTRUCTORS:**

- Kat G. has been teaching locally and in NYC for 20+ years and is a popular fitness influencer. <https://www.youtube.com/c/KatGatesBuettner>
- Michelle K. is a personal trainer and has been teaching in Bergen County for over 20 years.
- Robin McFadden – Certified Trainer - Fitness coach, and Instagram influencer [@rlmcfadden1](#)

### **CLASSES:**

Specially created for the location, we have the following 55-minute classes (45-minute class + 10-minute stretch):

**BOOT CAMP:** Rotating stations of hi-intensive cardio. Equipment to be provided. Bring mat, towel and water.

**STEP:** An old favorite, basic-intermediate level. (Some experience needed). A few steps will be provided, first come first serve. Bring mat, towel, and water.

**AERO-BEACH-BOX:** A mix of kick-box and aerobics for all levels. No equipment needed, just mat, towel and water.

**TOTAL BODY FITNESS:** A mix of cardio, strength training and balance. No equipment needed, just mat, towel & water.

**Which class(es) would be interesting to you?  
Is there another class not listed here?**

### **FEES:**

Sign-ups would be required, and classes will be cancelled if there are <4 people signed up 24 hours in advance of class or it's raining.

Pay by Venmo in advance.

3-PASS: \$45 – in advance

5-PASS: \$60 – in advance

SINGLE: \$20 – on the day in cash

**Which option would be best for you?**

### **CLASS SCHEDULE:**

The instructors are only available on these days and times.

### **BOOT CAMP OPTIONS:**

Tuesdays @ 7:15am – with Michelle

Thursdays @ 7:15am – with Michelle

Friday @ 6pm – with Kat

Saturday @ 7am with Kat

Sunday @ 7am with Kat

Monday @ 7:30am with Kat

Monday @ 6:30pm with Kat

### **STEP OPTIONS:**

Friday @ 6pm – with Kat

Saturday @ 7am with Kat

Sunday @ 7am with Kat

Monday @ 7:30am with Kat

Monday @ 6:30pm with Kat

### **AERO-BEACH-BOX OPTIONS:**

Friday @ 6pm – with Kat

Saturday @ 7am with Kat

Sunday @ 7am with Kat

Monday @ 7:30am with Kat

Monday @ 6:30pm with Kat

### **TOTAL BODY FITNESS OPTION:**

Friday's @ 11am – with Robin starting June 3rd

**Which classes and times would work best for you? Any other suggestions?**

Contact by email us at

[wwp@tuxedopark-ny.gov](mailto:wwp@tuxedopark-ny.gov)