

TFP Fitness Frequently Asked Questions

Tanenbaum/Bay Terrace/Platinum Membership

1. Will TFP Fitness be included with the cost of my summer membership?
Yes! Use of the fitness area will be included in the cost of any summer pool club membership from May 28, 2022 through September 18, 2022.
2. Is the fitness area exclusive to members only?
While we will reserve certain times for members only, the space will also be shared with other clients and rentals.
3. I am a member of the fitness space in the winter and also a pool club member in the summer. Will I be double charged?
No, Your monthly membership charge will be frozen from May 28, 2022 through September 18, 2022.
4. Is there a fee that includes both membership to the pools and the fitness area.
Yes! By registering for our Platinum membership, you get year-round membership to TFP Fitness, Central Queens in Forest Hills, and summer access to both pool clubs.

CQ Members

1. Will TFP Fitness be included with the cost of my yearly CQ membership?
Yes! All types of CQ membership ages 16+ will have access to TFP Fitness.

Prospective Clients/Current Community members

1. What does a membership at TFP Fitness include?
The membership at TFP Fitness includes use of the Peloton bikes, all equipment in the fitness space, Tennis courts, and Basketball courts. In the near future, there will also be classes offered throughout the week.
2. What are the hours of operation?
TFP Fitness will be open for members:
Monday-Friday: 7:00am-12:00pm
Saturday & Sunday: 8:00am-5:00pm