


**Commonpoint Queens' Central Queens
Summer Fitness Schedule
JUNE 24 - AUGUST 18, 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:45 a.m. ★ Chair Yoga MPR ABC Robin S.	8:00 – 8:45 a.m. ★ Muscular Strength MPR AB Colette	9:00 – 10:00 a.m. ★ Danza – Dance Fitness 4 th Floor Nora	8:00 – 8:45 a.m. ★ Cardio Circuit 4 th Floor Colette	9:00 – 9:50 a.m. ★ Cardio Fit 4 th Floor Nora	9:00 – 9:45 a.m. ★ Exercise & Dance MPR ABC Arlene
9:15 – 10:15 a.m. ★ Zumba™ 4 th Floor Jennifer	9:00 – 9:40 a.m. ★ Cardio Circuit MPR AB Colette	10:10 – 11:10 a.m. ★ Long & Lean 4 th Floor Jessica	9:00 – 9:50 a.m. ★ Total Conditioning 4 th Floor Nora	11:10 – 11:55 a.m. ★ Exercise for Daily Living 4 th Floor Nora	9:10 – 10:10 a.m. ★ Zumba™/Barbell Fitness (Alternate Weeks) 4 th Floor Jessica
10:20 – 11:20 a.m. ★ Total Conditioning 4 th Floor Jennifer	9:10 – 10:10 a.m. ★ Barbell Fitness 4 th Floor Jessica	11:20 a.m. – 12:20 p.m. ● Balance Training 1 4 th Floor Colette	9:30 – 10:00 a.m. ★ Aquadynamics Pool Luba	12:00 – 1:00 p.m. ● Balance Training 4 th Floor Colette	9:30 – 10:00 a.m. ★ Aquadynamics Pool Luba
	9:50 – 10:30 a.m. ● Exercise for Daily Living MPR ABC Nora	12:30 – 1:30 p.m. ● Balance Training 11 4 th Floor Colette	10:00 – 10:45 a.m. ★ Chair Yoga MPR AB Jessica	1:15 – 2:00 p.m. ★ Muscular Strength MPR ABC Colette	10:20 – 11:20 a.m. ★ Sculpt. Strengthen & Tone 4 th Floor Sheila
	10:20 – 11:20 a.m. ● Yoga (Beg./Int.) 4 th Floor Judy	7:00 – 8:00 p.m. ★ Zumba™ MPR Ellada	11:00 – 11:45 a.m. ★ Chair Yoga MPR AB Jessica	7:00 – 8:00 p.m. Power Yoga 4 th Floor Denia	11:00 – 11:50 a.m. ★ Ex. w/Lt Weights MPR ABC Robin S.
	10:40 – 11:20 a.m. ★ Chair Yoga MPR ABC Jessica	7:00 – 8:00 p.m. ★ Barbell Fitness 4 th Floor Amy	11:10 a.m. – 12:00 p.m. ★ Stretch & Flex 4 th Floor Robin S.		
	11:30 a.m. – 12:20 p.m. ● Senior Tai Chi 1 4 th Floor Ann	7:30 – 8:30 p.m. Tai Chi Youth Lounge Andrew	12:10 – 1:00 p.m. ★ Ex w/ Lt Weights MPR ABC Robin S.		
	11:30 – 12:10 p.m. ★ Chair Yoga MPR ABC Jessica		1:15 – 2:45 p.m. ● Israeli Dance 4 th Floor Honey	KEY MPR – Multi Purpose Room ★ - Free Fitness Class ● - Recommended for Seniors  - Silver Sneakers	
	12:30 – 1:20 p.m. ★ Zumba™ Gold 4 th Floor Coco		6:25 – 7:25 p.m. ★ Zumba™ MPR Jessica		
	7:00 – 7:30 p.m. ★ POUND™ Jessica MPR ABC			<p>CLASS SCHEDULE IS SUBJECT TO CHANGE. Please note: minimum age is 14 years except for Barbell Fitness where the minimum age is 17 years old. In the event an instructor is unable to teach, we will make every effort to find a sub. Commonpoint Queens reserves the right to cancel or change classes that have consistent low enrollment. All classes require sign-in at the 1st floor membership desk prior to the start of the class. There is no admittance to class 10 minutes after the scheduled start time. Pick-up the complete Group Exercise Policies at the 1st floor membership desk or at www.commonpointqueens.org</p>	
	7:30 – 8:30 p.m. ★ Zumba™ MPR ABC (Women Only) Jessica				

Health & Fitness – Adam Ostroff, Senior Director, Health & Wellness, (718) 268-5011 ext. 505, AOstroff@Commonpointqueens.org

Adults – Shelly Channan, Director, Senior & Adult Programs, (718) 268-5011 ext. 621, SChannan@Comonpointqueens.org