


Commonpoint Queens' Central Queens Fitness Schedule

JANUARY 2 – JUNE 26, 2020

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 ● <small>SilverSneakers</small>	9:00 – 10:00 a.m. Danza – Dance Fitness 4 th Floor ★ Nora ●	8:00 – 8:45 a.m. ● Cardio Circuit ★ MPR ● Colette ● <small>SilverSneakers</small>	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 – 9:45 a.m. ★ Cardio Circuit ● MPR AB ● Colette ● <small>SilverSneakers</small>	10:10 – 11:10 a.m. ★ Long & Lean ● 4 th Floor ● Jessica ●	9:00 – 9:50 a.m. ★ Total Conditioning ● 4 th Floor ● Nora ●	10:05 – 11:05 a.m. Balanced Body Pilates 4 th Floor Monica	9:00 – 10:00 a.m. Yoga Gymnasium Robyn
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 ●	10:00 – 10:30 a.m. Aquadynamics Pool ★ Luba ●	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 ●
	10:00 – 10:50 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 ●	12:00 – 1:00 p.m. ● Balance Training 4 th Floor ● Colette ●	10:00 – 10:30 a.m. ★ Aquadynamics ● Pool ● Luba ●
	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 ●	1:15 – 2:00 p.m. ★ Muscular Strength ● MPR ABC ● Colette ● <small>SilverSneakers</small>	10:20 – 11:20 a.m. ★ Sculpt. Strengthen & Tone ● 4 th Floor ● Sheila ●
	11:00 – 11:45 a.m. ★ Chair Yoga ● MPR ABC ● Jessica ●	7:00 – 8:00 p.m. ★ Barbell Fitness ● 4 th Floor ● Adam ●	11:10a.m. – 12:00p.m. ● Stretch & Flex ● 4 th Floor ● Robin S. ●		11:00 – 11:50 a.m. ★ Ex. w/Lt Weights ● MPR ABC ● Robin S. ●
	11:30 a.m. – 12:20 p.m. ● Senior Tai Chi 1 ● 4 th Floor ● Ann ●		12:10 – 1:00 p.m. ● Ex w/ Lt Weights ● MPR ABC ● Robin S. ●		
	12:00 – 12:45 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 ●		7:30 – 8:30 p.m. Tai Chi Youth Lounge Andrew	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 1 st 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 1 st floor membership desk or at www.commonpointqueens.org	
	7:00 – 8:00 p.m. Balanced Body Pilates 4 th Floor Monica				
	7:30 – 8:30 p.m. ★ Zumba™ ● MPR ABC (Women Only) ● Jessica ●				