

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:25 a.m. Zumba In-Person at Central Queens 4th Floor Studio Victoria	9:00 - 9:45 a.m. Cardio Circuit Challenge In-Person at Central Queens Gymnasium Nora	9:00 - 9:50 a.m. Vinyasa Yoga* In-Person at Central Queens 4th Floor Studio Robyn	9:00 - 9:45 a.m. Danza - Dance Fitness In-Person at Central Queens Gymnasium Nora	8:45 - 9:30 a.m. Sculpt & Strengthen In-Person at Central Queens Gymnasium Nora	9:00 - 10:00 a.m. Vinyasa Yoga* Hybrid at Central Queens 4th Floor Studio Robyn	9:30 - 10:25 a.m. Kickboxing In-Person at Central Queens 4th Floor Studio Brad
	10:00 - 10:45 a.m. Exercise with Light Weights** In-Person at Central Queens MPR Nora	10:00 - 10:45 a.m. Exercise for Daily Living** VIRTUAL ONLY Nora	10:00 - 10:45 a.m. Stretch & Flex** In-Person at Central Queens MPR Nora	9:45 - 10:30 a.m. Cardio Circuit Light** In-Person at Central Queens MPR Nora	10:15 - 11:15 a.m. Pilates In-Person at Central Queens 4th Floor Studio Dana	10:30 - 11:25 a.m. Body Sculpt In-Person at Central Queens 4th Floor Studio Brad
	11:00 - 11:45 a.m. Chair Yoga** Hybrid at Central Queens MPR Jessica	10:30 - 11:15 a.m. Chair Yoga** In-Person at Central Queens MPR Jessica		6:00 - 6:45 p.m. Body Sculpt In-Person at Central Queens 4th Floor Studio Jessica	11:45 - 12:45 p.m. Yoga In-Person at Central Queens 4th Floor Studio Lauren	
	7:30 - 8:30 p.m. Zumba* Hybrid at Central Queens 4th Floor Studio Jessica		6:30 - 7:30 p.m. Zumba* Hybrid at Central Queens 4th Floor Studio Jessica	6:50 - 7:35 p.m. Dance Works In-Person at Central Queens 4th Floor Studio Jessica	KEY Hybrid = In-Person & Virtual * = "PAID" Virtual Fitness Class, Free for Members ** = Recommended for Older Adults	
Locations: Central Queens: 67-09 108th St. Forest Hills, NY 11375 Contacts: Health & Wellness – Adam Ostroff, Senior Director, Health & Wellness, (718) 268-5011 ext. 505, Aostroff@Commonpointqueens.org Membership – Rory Hersch, Director, Membership, (718) 268-5011 ext. 121, Rhersch@Comonpointqueens.org Older Adult Services – Barbara Becker-Bruno, AVP, Older Adult Services, (718) 225-6750 ext. 256, Bbeckerbruno@Comonpointqueens.org				CLASS SCHEDULE IS SUBJECT TO CHANGE. Please note: the minimum age is 16 years old for all Adult Fitness Classes, and the minimum age is 60 years old for all Older Adult Classes. 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 1 st -floor membership desk or at commonpointqueens.org		