

Commonpoint Queens' Central Queens Fall Fitness Schedule

SEPTEMBER 3 – DECEMBER 20, 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 <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	9:10 – 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	10:00 – 10:30 a.m. ★ Aquadynamics ● Pool Luba	11:10 – 11:55 a.m. ★ Exercise for ● Daily Living ● 4 th Floor Nora	10:00 – 10:30 a.m. ★ Aquadynamics ● Pool Luba
	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	10:20 – 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	1:15 – 2:00 p.m. ★ Muscular Strength ● MPR ABC ● Colette <small>SilverSneakers</small>	11:00 – 11:50 a.m. ★ Ex. w/Lt Weights ● MPR ABC ● Robin S.
	11:00 – 11:45 a.m. ★ Chair Yoga ● MPR ABC ● Jessica	7:00 – 8:00 p.m. ★ Barbell Fitness ● 4 th Floor Adam	11:10 a.m. – 12:00 p.m. ★ Stretch & Flex ● 4 th Floor Robin S.	7:00 – 8:00 p.m. ● Power Yoga ● 4 th Floor Denia	
	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.		
	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 <small>SilverSneakers</small> - 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			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				

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@Commonpointqueens.org