

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	11:10a.m. – 12:00p.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	<p>KEY</p> <p>MPR – Multi Purpose Room</p> <p>★ - Free Fitness Class</p> <p>● - Recommended for Seniors</p> <p><small>SilverSneakers</small> - Silver Sneakers</p>	
	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>	
	7:00 – 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@Comonpointqueens.org