

COMMONPOINT QUEENS CENTRAL QUEENS**67-09 108TH STREET FOREST HILLS, NY 11375****718-268-5011****WWW.COMMONPOINTQUEENS.ORG****GYM SCHEDULE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-10:00 AM Adult Full Court Basketball	6:15-9:00 AM Half Court Basketball	6:15-9:00 AM Half Court Basketball	6:15-9:00 AM Half Court Basketball	6:15-9:00 AM Half Court Basket- ball	6:15-9:00 AM Half Court Basketball
10:00 AM-10:00 PM Gym CLOSED for Leagues	9:00 AM-8:30 PM Gym CLOSED for Classes	9:00 AM-8:30 PM Gym CLOSED for Classes	9:00 AM-8:45 PM Gym CLOSED for Clas- ses	9:00 AM-1:00 PM Gym CLOSED for Classes	9:00 AM-1:00 PM Gym CLOSED for Clas- ses
*Please call for possible openings				1:45-8:45 PM Gym CLOSED for Classes	1:00-3:45 PM Open Co-Ed All Ages
	8:30-9:45 PM Adult/Teen 16+ Half Court Basketball	8:30-9:45 PM Co-Ed Teen Pri- ority Basketball	8:45-9:45 PM Adult/Teen 18+ Half Court Basketball	8:45-9:45 PM Co-Ed Teen Priori- ty Basketball	3:45-4:45 PM Gym CLOSED for after- school program

No street clothes, street shoes, or black soled athletic shoes are permitted at the gym. Games may be limited per our policies if people are waiting. Classes, leagues, and birthday parties take precedence over open gym time. See posted schedule. Children 10 years and younger must be accompanied by an adult.

BODY SHOP SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-11:00 AM Co-Ed Adult		6:15-8:55 AM Co-Ed Teen & Adult (16+)		6:15-8:55 AM Co-Ed Teen & Adult (16+)	6:15 AM-12:55 PM Co-Ed Teen & Adult (16+)
11:00 AM-4:55 PM Co-Ed Teen/ Adult (16+)	6:15 AM-9:45 PM Co-Ed Teen & Adult (16+)	9:00 -10:25 AM Women Only	6:15 AM-9:45 PM Co-Ed Teen & Adult (16+)	9:00 -10:25 AM Women Only	
5:00-5:55 PM Men Only					1:00-1:55 PM Men Only
6:00-6:55 PM Women Only		10:30 AM-9:45 PM Co-Ed Teen & Adult (16+)		10:30 AM-9:45 PM Co-Ed Teen & Adult (16+)	2:00-4:45 PM Co-Ed Teen & Adult (16+)
BODY SHOP CLOSES AT 7:00PM					

No one under 16 is permitted in the exercise room. No street clothes or street shoes permitted in the room; only proper gym attire and sneaker. Please observe proper fitness etiquette. See an instructor or Body Shop attendant before using the machinery. Consult with your person physician prior to beginning an exercise program. Special programs and fitness orientations take precedence for the use of Body Shop equipment.

POOL SCHEDULE

AUGUST 2019-JUNE 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:50 am <i>Men & Boys ONLY</i>	6:15 - 8:00 am Lap Swimming ONLY	6:15 - 8:50 am Co-ed All Ages	6:15 - 8:00 am Lap Swimming ONLY	6:15 - 8:50 am Co-ed All Ages	6:15 - 8:00 am Lap Swimming ONLY
9:00 - 10:30 am Co-ed Adult (18+)	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am <i>Women & Girls ONLY</i>	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am <i>Women & Girls ONLY</i>	8:00 - 11:50 am Co-ed All Ages
10:35 - 11:50 am <i>Women & Girls ONLY</i>		10:35 am - 12:50 pm Co-ed All Ages		10:35 am - 12:50 pm Co-ed All Ages	12:00-12:50 pm <i>Women & Girls ONLY</i>
12:00 - 3:00 pm POOL CLOSED for Classes	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	1:00 - 2:30 pm <i>Men & Boys ONLY</i>	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	1:00 - 2:30 pm <i>Men & Boys ONLY</i>	1:00 - 2:30 pm <i>Men & Boys ONLY</i>
3:00 - 4:50 pm Co-ed All Ages Family Swim NO LAP LANES	6:00 - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	2:35 - 3:50 pm Co-ed All Ages	6:00 - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	2:35 - 3:50 pm Co-ed All Ages	2:35 - 4:45 pm 2 Lanes Co-ed All Ages 2 Lanes Swim Classes
5:05 - 5:55 pm <i>Women & Girls ONLY</i>		3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes		3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	
6:00 - 6:50 pm <i>Men & Boys ONLY</i>		6:00 - 7:40 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team		6:00 - 7:40 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	6:00 - 7:40 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team
7:00 - 9:45 pm POOL CLOSED for Swim Team/Classes	8:00 - 8:40 pm Co-ed All Ages	7:45 - 8:45 pm <i>Women & Girls ONLY</i>	8:00 - 8:40 pm Co-ed All Ages	7:45 - 8:45 pm <i>Women & Girls ONLY</i>	
	8:45 - 9:45 pm <i>Men & Boys ONLY</i>	8:50 - 9:45 pm Co-ed Adult (18+)	8:45 - 9:45 pm <i>Men & Boys ONLY</i>	8:50 - 9:45 pm Co-ed Adult (18+)	

GUEST PASSES

After 6:00 pm on weekdays and all Sundays, Commonpoint Queens reserves the right to limit the number of guest passes it issues for use of the Health & Wellness Center to accommodate its members during these peak hours of usage.

CHILDREN (up to 12 years) : \$10	TEENS (13 - 18 years): \$15	ADULTS (19 YEARS & UP): \$20
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- Classes will be going on concurrently with open swim times.
- Swim Caps must be worn by everyone 5 years and older.
- Everyone must shower in the locker room before entering the pool.
- Lifeguard's instructions must be heeded.
- Children under 8 years of age must be accompanied by an adult in the water.
- "Co-ed Adult" means members 18 years and up, only! (except for private swimming lessons)
- The fast lane may be closed when the free area is crowded and/or when classes meet and/or there are birthday parties.

- Tuesday & Thursday 7:00 - 7:20 will be Co-ed All Ages.
- A schedule of classes is available at the Health & Wellness Center control Desk on the Lower Level.
- NO outside shoes permitted on the pool deck

• **Commonpoint Queens Health & Wellness Department reserves the right to close all or part of the pool for special events. Check posted notices for closing times.**


STLAM ROOM HOURS - WOMEN ONLY

<u>TUES. /THURS.</u> 9:00 - 10:25 am	<u>SUNDAYS</u> 11:15 -11:45 am 5:20 - 5:50 pm
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SAUNA HOURS - MEN ONLY

<u>FRIDAYS</u> 1:30 - 2:25 pm	<u>SUNDAY</u> 6:45 - 7:15 pm
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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	9:00 – 10:00 a.m. ★ Danza – Dance Fitness 4 th Floor Nora	8:00 – 8:45 a.m. ★ Cardio Circuit MPR 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 – 9:45 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	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 I 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 II 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	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 I 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  - 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				