

GYM SCHEDULE JANUARY 11–JUNE 26, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Basketball	6:15-9:00 AM Half Court Basketball	12:00 –6:00 PM Open Co-Ed All Ages
10:00 AM-10:00 PM Gym CLOSED for Leagues *Please call for possible openings	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 Classes	9:00 AM-1:00 PM Gym CLOSED for Classes	9:00 AM-1:00 PM Gym CLOSED for Classes	7:00-7:55 PM Open Co-Ed All Ages
				1:45-8:45 PM Gym CLOSED for Classes	1:00-3:45 PM Open Co-Ed All Ages	8:00-9:00 PM Half Court Men & Boys, Half Court Women & Girls
	8:30-9:45 PM Adult/Teen 16+ Half Court Basketball	8:30-9:45 PM Co-Ed Teen Priority Basketball	8:45-9:45 PM Adult/Teen 18+ Half Court Basketball	8:45-9:45 PM Co-Ed Teen Priority Basketball	3:45-4:45 PM Gym CLOSED for after school program	9:00-10:40 PM Men & Boys Only

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 JANUARY 11–JUNE 26, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
8:00-11:00 AM Co-Ed Adult	6:15 AM-9:45 PM Co-Ed Teen & Adult (16+)	6:15-8:55 AM Co-Ed Teen & Adult (16+)	6:15 AM-9:45 PM 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+)	12:00 –6:00 PM Co-Ed Teen & Adult (16+)*		
11:00 AM-4:55 PM Co-Ed Teen/Adult (16+)					9:00 -10:25 AM Women Only			
5:00-5:55 PM Men Only				9:00 -10:25 AM Women Only		1:00-1:55 PM Men Only	7:00-8:20 PM Co-Ed Teen & Adult (16+)	
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+)	8:25-9:25 PM Men Only
BODY SHOP CLOSES AT 7:00PM								9:30-10:40 PM Women Only

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 personal physician prior to beginning an exercise program. Special programs and fitness orientations take precedence for the use of Body Shop equipment.

POOL SCHEDULE MARCH 8 - JUNE 26, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50 AM Men & Boys ONLY	6:15-8:00 AM Lap Swimming ONLY	6:15-7:55 AM Co-Ed All Ages	6:15-8:00 AM Lap Swimming ONLY	6:15-7:55 AM Co-Ed All Ages	6:15-8:00 AM Lap Swimming ONLY	12:20-6:00 PM Co-Ed Family Swim 2 Lap Lanes, 1 Open Swim Area
9:00-10:30 AM Co-Ed Adult (18+)	8:00 AM-3:50 PM Co-Ed All Ages	8:00-10:30 AM Women & Girls Only	8:00 AM-3:50 PM Co-Ed All Ages	8:00-10:30 AM Women & Girls Only	8:00-11:50 AM Co-Ed All Ages	
10:35-11:50 AM Women & Girls Only		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 Women & Girls ONLY	
12:00-3:00 PM POOL CLOSED for Classes	3:50-6:00 PM POOL CLOSED for Swim Team/Classes	1:00-2:30 PM Men & Boys ONLY	3:50-6:00 PM POOL CLOSED for Swim Team/ Classes	1:00-2:30 PM Men & Boys Only	1:00-2:30 PM Men & Boys ONLY	
3:00-4:50 PM Co-Ed All Ages Family Swim NO LAP LANES		2:35-3:50 PM Co-Ed All Ages		2:35-3:50 PM Co-Ed All Ages	2:35-4:45 PM 2 Lanes Co-Ed All Ages	
5:05-5:55 PM Women & Girls ONLY	6:00-8:00 PM 1 Free, 1 Lap Lanes 2 Lanes Swim Team	3:50-6:00 PM POOL CLOSED for Swim Team/ Classes	6:00-8:05 PM 1 Free, 1 Lap Lanes 2 Lanes Swim Team	3:50-6:00 PM POOL CLOSED for Swim Team/ Classes	2:35-4:45 PM 2 Lanes Co-Ed All Ages Swim Classes	
6:00-6:50 PM Men & Boys ONLY		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	POOL CLOSSES at 4:45 PM
	8:00-8:40 PM Co-Ed All Ages	7:45-8:45 PM Women & Girls ONLY	8:05-8:50 PM Women & Girls ONLY	7:45-8:45 PM Women & Girls ONLY		
	8:45-9:45 PM Men & Boys ONLY	8:50-9:45 PM Co-Ed Adult (18+)	8:55-9:55 PM Men & Boys ONLY	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

- 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 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
- 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

STEAM ROOM HOURS—WOMEN ONLY

TUES./THURS. 8:30-10:25 AM
SUNDAYS 11:15-11:45 AM, 5:20-5:50 PM


SAUNA HOURS—MEN ONLY

FRIDAYS 1:30-2:25 PM
SUNDAY 6:45-7:15 PM

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.

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 – 10:00 a.m. Yoga Gymnasium Robyn
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 – 9:45 a.m. ★ Exercise & Dance ● MPR ABC ● Arlene ●
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 ●				