









SUNDAY Beg. 5/15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Beg. 5/14	
9:30 - 10:25 a.m. Zumba In-Person at Central Queens 4th Floor Studio Victoria	7:15 – 8:00 a.m. Strength Training* VIRTUAL ONLY Islam	7:00 - 7:30 a.m. Cardio Workout Agility* Training VIRTUAL ONLY Sheila	7:30 - 8:00 a.m. ABS-olutely Strong Core* VIRTUAL ONLY Islam	7:00 - 7:30 a.m. Strength Training with Light Weights* VIRTUAL ONLY Sheila	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	
	9:15 – 10:00 a.m. Cardio Circuit Challenge In-Person at Central Queens MPR Nora	9:00 - 9:45 a.m. Tai Chi** Hybrid at Sam Field Tel Aviv/Social Hall Elaine	9:00 - 9:45 a.m. Tai Chi** Hybrid at Bay Terrace MPR Elaine	9:15 - 10:00 a.m. Aerobic Dance** Hybrid at Bay Terrace MPR Gail	9:00 - 10:00 a.m. Dancercise** Hybrid at Sam Field Tel Aviv/Social Hall Russell	10:30 - 11:25 a.m. Body Sculpt 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	9:15 - 10:00 a.m. Danza - Dance Fitness In-Person at Central Queens MPR Nora	9:15 - 10:00 a.m. Sculpt & Strengthen In-Person at Central Queens MPR Nora	11:45 - 12:45 p.m. Yoga In-Person at Central Queens 4th Floor Studio Lauren		
	10:00 – 10:45 a.m. Silver Sneakers - Classic Aerobics Hybrid at Bay Terrace MPR Karen 	10:15 - 11:00 a.m. Balance** Hybrid at Sam Field Tel Aviv/Social Hall Robin	10:00 - 10:45 a.m. Stretch & Flex** In-Person at Central Queens MPR Nora	10:00 - 10:45 a.m. Cardio Circuit Light** In-Person at Central Queens MPR Nora	1:00 - 1:45 p.m. Silver Sneakers Zumba Gold** Hybrid at Sam Field Tel Aviv/Social Hall Sheila 		
	11:00 – 11:45 a.m. Chair Yoga* ** Hybrid at Central Queens MPR Jessica	11:00 - 11:45 a.m. Senior Line Dancing** Hybrid at Bay Terrace MPR Gail	10:00 - 10:45 a.m. Silver Sneakers Yoga Stretch** Hybrid at Bay Terrace MPR Karen 	1:00 - 1:45 p.m. Silver Sneakers Senior Aerobics** Hybrid at Sam Field Tel Aviv/Social Hall Sheila 			
	1:00 - 1:45 p.m. Silver Sneakers Senior Circuit** Hybrid at Bay Terrace MPR Karen 	12:00 - 1:00 p.m. Yoga In-Person at Central Queens 4th Floor Studio Nora	11:00 - 11:45 a.m. Senior Line Dancing** Hybrid at Sam Field Tel Aviv/Social Hall Gail	2:00 - 2:45 p.m. Balance** In-Person at Sam Field Gym Robin			
	2:00 - 2:45 p.m. Yoga on the Mat** Hybrid at Bay Terrace MPR Robin	1:00 - 1:45 p.m. Classic Aerobics** VIRTUAL ONLY Sheila	12:30 - 1:15 p.m. Senior Stretch** Hybrid at Sam Field Tel Aviv/Social Hall Gail	6:30 - 7:30 p.m. Body Sculpt* In-Person at Central Queens 4th Floor Studio Brad			
	7:30 - 8:30 p.m. Zumba* Hybrid at Central Queens 4th Floor Studio Jessica	7:00 - 8:00 p.m. Cardio Kickboxing* In-Person at Central Queens 4th Floor Studio Amy	6:30 - 7:30 p.m. Zumba* Hybrid at Central Queens 4th Floor Studio Jessica	KEY Hybrid = In-Person & Virtual * = "PAID" Virtual Fitness Class, Members Free ** = Recommended for Seniors  = Silver Sneakers			

Locations:

Bay Terrace: 212-00 23rd Ave. Bayside, NY 11360
Central Queens: 67-09 108th St. Forest Hills, NY 11375
Sam Field: 58-20 Little Neck Parkway, Little Neck NY 11362

Contacts:

Health & Fitness – 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 1st-floor membership desk or at commonpointqueens.org