| SUNDAY  
Beg. 5/15 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY  
Beg. 5/14 |
|----------|--------|---------|-----------|----------|--------|----------|
| 9:30 - 10:25 a.m. | **Zumba** | **Strength Training** | **Cardio Workout** | **Strength Training** | **Vinyasa Yoga** | 9:30 - 10:25 a.m. 
Kickboxing 
In-Person at Central Queens 
4th Floor Studio 
Victoria |
| 10:30 | **Exercise with Light Weights** | **In-Person at Central Queens** | **Meditation** | **Sculpt & Strengthen** | **Yoga** | 10:30 - 11:45 a.m. 
Kickboxing 
In-Person at Central Queens 
4th Floor Studio 
Brad |
| 11:00 | **Chair Yoga**, **Senior Line Dancing** | **Hybrid at Bay Terrace** | **Hybrid at Sam Field** | **Hybrid at Sam Field** | **Hybrid at Sam Field** | 11:00 - 12:45 p.m. 
Kickboxing 
In-Person at Central Queens 
4th Floor Studio 
Lauren |
| 12:30 | **Yoga on the Mat** | **Hybrid at Bay Terrace** | **Senior Stretch** | **Body Sculpt** | **Body Sculpt** | 12:30 - 2:00 p.m. 
Kickboxing 
In-Person at Central Queens 
4th Floor Studio 
Brad |
| 6:30 | **Zumba** | **Hybrid at Central Queens** | **Hybrid at Central Queens** | **Hybrid at Central Queens** | 6:30 - 7:30 p.m. 
Kickboxing 
In-Person at Central Queens 
4th Floor Studio 
Brad |

**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@Commonpointqueens.org
Older Adult Services – Barbara Becker-Bruno, AVP, Older Adult Services, (718) 225-6750 ext. 256, 
Bbeckerbruno@Commonpointqueens.org

**KEY**
- **Hybrid** = In-Person & Virtual
- **"PAID" Virtual Fitness Class, Members Free**
- **Recommended for Seniors**
- **Silver Sneakers**

**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

**Spring Fitness Schedule**
April 24 - June 24, 2022