


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:25 a.m. Zumba In-Person at Central Queens 4th Floor Studio Victoria	9:15 - 10:00 a.m. Cardio Circuit Challenge In-Person at Central Queens MPR Nora	9:00 - 9:50 a.m. Vinyasa Yoga* In-Person at Central Queens 4th Floor Studio Robyn	9:00 - 9:45 a.m. Tai Chi** Hybrid at Bay Terrace MPR Elaine	9:15 - 10:00 a.m. Aerobics and More** Hybrid at Bay Terrace MPR Gail	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
	10:00 - 10:45 a.m. Exercise with Light Weights** In-Person at Central Queens MPR Nora	9:00 - 9:45 a.m. Tai Chi** Hybrid at Sam Field Tel Aviv/Social Hall Elaine	9:15 - 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	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. Classic Aerobics Hybrid at Bay Terrace MPR Karen	10:00 - 10:45 a.m. Exercise for Daily Living*,** VIRTUAL ONLY Nora	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	11:30 - 12:15 p.m. Chair Yoga In-Person at Sam Field Gym Karen	
	11:00 - 11:45 a.m. Chair Yoga** Hybrid at Central Queens MPR Jessica	10:00 - 10:45 a.m. Balance** Hybrid at Sam Field Tel Aviv/Social Hall Robin	10:00 - 10:45 a.m. Yoga Stretch** Hybrid at Bay Terrace MPR Karen	1:00 - 1:45 p.m. Senior Aerobics** Hybrid at Sam Field Gym Robin	11:45 - 12:45 p.m. Yoga In-Person at Central Queens 4th Floor Studio Lauren	
	1:00 - 1:45 p.m. Senior Circuit** Hybrid at Bay Terrace MPR Karen	11:00 - 11:45 a.m. Everyday Dance** Hybrid at Bay Terrace MPR Gail	11:00 - 11:45 a.m. Everyday Dance** Hybrid at Sam Field Haifa/Youth Lounge Gail	2:00 - 2:45 p.m. Balance** In-Person at Sam Field Gym Robin	1:00 - 1:45 p.m. Zumba Gold** Hybrid at Sam Field Tel Aviv/Social Hall Sheila	
	2:00 - 2:45 p.m. Yoga on the Mat** Hybrid at Bay Terrace MPR Robin	12:00 - 1:00 p.m. Yoga In-Person at Central Queens 4th Floor Studio Nora	12:30 - 1:15 p.m. Senior Stretch** Hybrid at Sam Field Gym Gail	6:30 - 7:30 p.m. Body Sculpt* In-Person at Central Queens 4th Floor Studio Jessica		
	7:30 - 8:30 p.m. Zumba* Hybrid at Central Queens 4th Floor Studio Jessica	1:00 - 1:45 p.m. Classic Aerobics** Hybrid at Sam Field Sheila	6:30 - 7:30 p.m. Zumba* Hybrid at Central Queens 4th Floor Studio Jessica	<b>KEY</b> <b>Hybrid = In-Person &amp; Virtual</b> * = "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:**

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**Membership** – Rory Hersch, Director, Membership, (718) 268-5011 ext. 121, [Rhersch@Comonpointqueens.org](mailto:Rhersch@Comonpointqueens.org)

**Older Adult Services** – Barbara Becker-Bruno, AVP, Older Adult Services, (718) 225-6750 ext. 256, [bbeckerbruno@Comonpointqueens.org](mailto: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 1<sup>st</sup>-floor membership desk or at [commonpointqueens.org](http://commonpointqueens.org)