

Commonpoint Central Queens
Fitness Schedule
Fall 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 9:55 a.m. Zumba MPR Kasia	9:00 - 9:45 a.m. Cardio Circuit Challenge Gymnasium Nora	9:00 - 10:00 a.m. Vinyasa Yoga 3rd Floor Studio Robyn	9:00 - 9:45 a.m. Danza - Dance Fitness MPR Nora	8:45 - 9:30 a.m. Sculpt & Strengthen Gymnasium Nora	9:00 - 10:00 a.m. Vinyasa Yoga Gymnasium Robyn	9:00 - 10:00 a.m. Slow Flow Yoga 3rd Floor Studio Gilda
10:00 - 10:45 a.m. Core & More 3rd Floor Studio Kasia	9:45 - 10:30 a.m. Exercise with Light Weights** Gymnasium Nora	10:30 - 11:30 a.m. Chair Yoga** MPR Jessica	9:45 - 10:30 a.m. Stretch & Flex** MPR Nora	9:45 - 10:30 a.m. Cardio Circuit Light** MPR Nora		10:00 - 11:00 a.m. Slow Flow Yoga 3rd Floor Studio Gilda
	11:00 - 12:00 p.m. Chair Yoga** MPR Jessica			12:00 - 1:00 p.m. Chair Yoga** MPR Jessica		
				6:15 - 7:00 p.m. Body Sculpt Central Queens 3rd Floor Studio Jessica		
	7:30 - 8:30 p.m. Zumba MPR Jessica	7:00 - 7:45 p.m. Bollywood Dance 3rd Floor Studio Monika	6:30 - 7:30 p.m. Zumba MPR Jessica	7:15 - 7:50 p.m. Dance Works 3rd Floor Studio Jessica	KEY ** = Recommended for Older Adults	
Location: Central Queens: 67-09 108th St. Forest Hills, NY 11375 Contacts: Health & Wellness – Adam Ostroff, Senior Director, Health & Wellness (718) 268-5011 ext. 505, Aostroff@Commonpoint.org Membership – Rory Hersch, Director, Membership, (718) 268-5011 ext. 121, Rhersch@Comonpoint.org Older Adult Services – Barbara Becker-Bruno, AVP, Older Adult Services (718) 225-6750 ext. 256, Bbeckerbruno@Comonpoint.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 st -floor membership desk or at commonpointqueens.org		