

**Commonpoint Central Queens  
Fitness Schedule  
SPRING 2026**

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 Amalia	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 Amalia	8:45 - 9:45 a.m. Slow Flow Yoga 3rd Floor Studio
9:00 - 10:00 a.m. Slow Flow Yoga 3rd Floor Studio Gilda	9:45 - 10:30 a.m. Exercise with Light Weights** MPR 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 - 10:45 a.m. Core & More 3rd Floor Studio Kasia	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	<b>KEY</b> ** = Recommended for Older Adults	
<b>Location:</b> Central Queens: 67-09 108th St. Forest Hills, NY 11375  <b>Contacts:</b> <b>Health &amp; Wellness</b> – Adam Ostroff, Senior Director, Health & Wellness (718) 268-5011 ext. 505, <a href="mailto:Aostroff@Commonpoint.org">Aostroff@Commonpoint.org</a>  <b>Membership</b> – Director, Membership, (718) 268-5011 ext. 121, <a href="mailto:cqmembership@commonpoint.org">cqmembership@commonpoint.org</a>  <b>Older Adult Services</b> – Barbara Becker-Bruno, AVP, Older Adult Services (718) 225-6750 ext. 256, <a href="mailto:Bbeckerbruno@Comonpoint.org">Bbeckerbruno@Comonpoint.org</a>				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 substitute. Commonpoint reserves the right to cancel or change classes that have consistently low enrollment. All classes require sign-in at the 1st-floor membership desk before 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 <a href="http://commonpoint.org">commonpoint.org</a>		