

Central Queens Group Exercise Schedule Summer 2026

(June 29 - September 4, 2026)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 9:55 a.m. Zumba MPR Polina	9:00 - 9:45 a.m. Cardio Circuit Challenge Machane Chodosh Nora	9:00 - 10:00 a.m. Vinyasa Yoga 3rd Floor Studio Amalia	9:15 - 9:45 a.m. Danza - Dance Fitness MPR Nora	9:15 - 9:45 a.m. Sculpt & Strengthen MPR Nora	9:15 - 10:15 a.m. Vinyasa Yoga MPR Amalia	8:45 - 9:45 a.m. Yin Yoga 3rd Floor Studio Gilda M.
9:00 - 10:00 a.m. Slow Flow Yoga 3rd Floor Studio Gilda	9:45 - 10:30 a.m. Exercise with Light Weights** Machane Chodosh 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 & Strength 3rd Floor Studio Deborah	11:00 - 12:00 p.m. Chair Yoga** Machane Chodosh Jessica			12:00 - 1:00 p.m. Chair Yoga** MPR Jessica		
	6:00 - 7:00 p.m. Pilates 3rd Floor Studio Veronica <i>Beg. July 6</i>			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: CQ Membership – Robyn Saling, Director, Membership, (718) 268-5011 ext. 121, rsaling@commonpoint.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. 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 st -floor membership desk or at commonpoint.org		