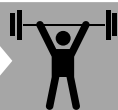


CENTRAL QUEENS

Group Exercise Schedule

September 14 through December 23, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 9:55a.m. Zumba MPR Polina	9:00 - 9:45 a.m. Cardio Circuit Challenge Gymnasium Nora	9:00-10:00 a.m. Vinyasa Yoga 3rd Flr. 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. Yin Yoga 3rd Fl. Studio Gilda M.
9:00-10:00 a.m. Slow Flow Yoga 3rd Floor Studio Gilda B.	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	NEW 10:30-11:15 a.m. Aqua Zumba Pool Jessica Starts Sept. 25	
10:00-10:45a.m. Core & Strength MPR Deborah	11:00a.m.-12:00 p.m. Chair Yoga** MPR Jessica			12:00- 1:00 p.m. Chair Yoga** MPR Jessica		
	6:00 - 7:00 p.m. Pilates 3rd Fl. Studio Veronica			6:15 - 7:00 p.m. Body Sculpt 3rd Flr. Studio Jessica		
	7:30 - 8:30 p.m. Zumba MPR Jessica	7:00 - 7:45 p.m. Bollywood Dance 3rd Flr. Studio Monika	6:30 - 7:30 p.m. Zumba MPR Jessica	7:15 - 7:50p.m. Dance Works 3rd Flr. Studio Jessica	KEY ** = Recommended for Older Adults	
CLASS SCHEDULE IS SUBJECT TO CHANGE. The minimum age is 16 years old for Adult Fitness Classes. In the event an instructor is unable to teach, we will make every effort to find a substitute. Classes with consistently low enrollment may be cancelled. Class participants are required to swipe in before class starts. No admittance to class 10 minutes after the scheduled start time.				LOCATION: Central Queens 67-09 108th St. Forest Hills, NY 11375 CONTACT: Robyn Saling, Director, Membership & Community Outreach (718) 268-5011 ext. 121 rsaling@commonpoint.org		



Interested in working with a Personal Trainer?
Contact Adam Ostroff - aostroff@commonpoint.org

