




FITNESS CLASS SCHEDULE

SEPT. 4 - DEC. 21, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:45 a.m. Chair Yoga MPR ABC Robin S. ★ ●	8:00 – 8:45 a.m. Muscular Strength MPR AB Colette ★ ● 	9:00 – 10:00 a.m. Danza - Dance Fitness 4th Floor Nora ★	8:00 – 8:45 a.m. Cardio Circuit 4th Floor Colette ★ ● 	9:00 – 9:50 a.m. Cardio Fit 4th Floor Nora ★	9:00 – 9:45 a.m. Exercise & Dance MPR ABC Arlene ★ ●
9:15 – 10:15 a.m. Zumba 4th Floor Jennifer ★	9:00 – 9:45 a.m. Cardio Circuit MPR AB Colette ★ ● 	10:10 – 11:10 a.m. Long & Lean 4th Floor Jessica ★	9:00 – 9:50 a.m. Total Conditioning 4th Floor Nora ★	10:05 – 11:05 a.m. Balanced Body Pilates 4th Floor Monica	9:10 – 10:10 a.m. Zumba/Barbell Fitness (Alternate weeks) 4th Floor Jessica ★
10:20 – 11:20 a.m. Total Conditioning 4th Floor Jennifer ★	9:10 – 10:10 a.m. Barbell Fitness 4th Floor Jessica ★	11:20 a.m. – 12:20 p.m. Balance Training I 4th Floor Colette ●	9:50 – 10:30 a.m. Tai Chi for Parkinson's Disease 4th Floor Ann Harvey ●	11:10 – 11:55 a.m. Exercise for Daily Living 4th Floor Nora ★ ●	9:30 – 10:00 a.m. Aquadynamics Pool Luba ★ ●
	10:00 – 10:50 a.m. Exercise For Daily Living MPR ABC Nora ●	12:30 – 1:30 p.m. Balance Training II 4th Floor Colette ●	10:00 – 10:30 a.m. Aquadynamics Pool Luba ★ ●	12:00 – 1:00 p.m. Balance Training 4th Floor Colette ●	10:20 – 11:20 a.m. Sculpt, Strengthen & Tone 4th Floor Sheila ★ ●
	10:20 – 11:20 a.m. Yoga (Beg./Int.) 4th Floor Judy ●	7:00 – 8:00pm Zumba MPR Jackie ★	10:00 – 10:45 a.m. Chair Yoga MPR AB Jessica ★ ●	1:15 – 2:00 p.m. Muscular Strength MPR ABC Colette ★ ●	11:00 – 11:50 a.m. Ex. w/ Lt. Weights MPR ABC Robin S. ★ ●
	11:00 – 11:45 a.m. Chair Yoga MPR ABC Jessica ★ ●	7:00 – 8:00 p.m. Barbell Fitness 4th Floor Adam ★	11:00 – 11:45 a.m. Chair Yoga MPR AB Jessica ★ ●	7:00 – 8:00 p.m. Ultimate Workout 4th Floor Adam ★	
	11:30 a.m. – 12:20 p.m. Senior Tai Chi I 4th Floor Ann ●	7:30 – 8:30 p.m. Tai Chi Youth Lounge Andrew	11:10 a.m. – 12:00 p.m. Stretch & Flex 4th Floor Robin S. ★ ●		
	12:00 – 12:45 p.m. Chair Yoga MPR ABC Jessica ★ ●		12:10 – 1:00 p.m. Ex. w/ Lt Weights MPR ABC Robin S. ★ ●		
	12:30 – 1:20 p.m. Zumba Gold 4th Floor Coco ★ ●		1:15 – 2:45 p.m. Israeli Dance 4th Floor Honey ●		
	7:00 – 8:30 p.m. Balanced Body Pilates 4th Floor Monica		6:25 – 7:25 p.m. Zumba 4th Floor Jessica ★	<p>KEY</p> <p>MPR - Multi Purpose Room</p> <p>★ Free Fitness Class</p> <p>● Recommended for Seniors</p> <p>.....</p> <p>CLASS SCHEDULE IS SUBJECT TO CHANGE. Please note: Minimum age is 14 years except for Barbell Fitness where the minimum age is 17 years old. In the event an instructor is unable to teach, we will make every effort to find a sub. The Central Queens Y 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 1st floor membership desk or at www.cqy.org.</p>	
	7:00 – 7:30 p.m. POUND™ Jessica MPR ABC ★				
	7:30 – 8:30 p.m. Zumba MPR ABC (Women Only) Jessica ★				