

FITNESS CLASS SCHEDULE

JAN. 3 - APR. 9, 2017 (YOGA, BALANCE TRAINING, PILATES, TAI CHI - JAN. 3 - MAR. 20, 2017)

| 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 MPR AB Colette | 9:00 – 9:50 a.m. ★ Cardio Fit 4th Floor Nora | 8:00 – 8:45 a.m. ★ Muscular Strength MPR AB Nora |
| 9:15 – 10:15 a.m. ★ Zumba 4th Floor Lanita | 9:00 – 9:45 a.m. ★ Cardio Circuit MPR AB Colette | 10:10 – 11:10 a.m. ★ Long & Lean 4th Floor Robin B. / Jessica | 9:00 – 9:50 a.m. ★ Total Conditioning 4th Floor Nora | 10:05 – 11:05 a.m. Balanced Body Pilates 4th Floor Robin B. / Monica | 9:00 – 9:45 a.m. ★ Exercise & Dance MPR ABC Arlene |
| 10:20 – 11:20 a.m. ★ Total Conditioning 4th Floor Lanita | 9:10 – 10:10 a.m. ★ Barbell Fitness 4th Floor Jessica | 11:20 a.m. – 12:20 p.m. ● Balance Training I 4th Floor Robin B. / Colette | 10:00 – 10:30 a.m. ★ Aquadynamics Pool Luba | 12:20 – 1:10 p.m. ★ Zumba Gold 4th Floor Coco | 9:10 – 10:10 a.m. ★ Zumba/Barbell Fitness (Alternate weeks) 4th Floor Jessica |
| | 10:00 – 10:50 a.m. ★ Exercise for Daily Living MPR ABC Nora | 12:30 – 1:30 p.m. ● Balance Training II 4th Floor Robin B. / Colette | 10:00 – 10:45 a.m. ★ Chair Yoga MPR AB Jessica | 1:15 – 2:00 p.m. ★ Muscular Strength MPR ABC Colette | 10:00 – 10:30 a.m. ★ Aquadynamics Pool Luba |
| | 10:20 – 11:20 a.m. ● Yoga (Beg./Int.) 4th Floor Robin B. / Judy | 7:00 – 8:00 p.m. ★ Zumba 4th Floor Jackie | 11:00 – 11:45 a.m. ★ Chair Yoga MPR AB Jessica | 7:40 – 8:40 p.m. Dance Power Movement 4th Floor Robin B. | 10:20 – 11:20 a.m. ★ Sculpt, Strengthen & Tone 4th Floor Robin B. / Sheila |
| | 11:00 – 11:45 a.m. ★ Chair Yoga MPR ABC Jessica | 7:30 – 8:30 p.m. Tai Chi Youth Lounge Andrew | 11:20 a.m. – 12:10 p.m. ★ Stretch & Flex 4th Floor Robin S. | | 11:15 a.m. – 12:05 p.m. ★ Ex. w/ Lt. Weights MPR ABC Robin S. |
| | 11:30 a.m. – 12:20 p.m. ● Senior Tai Chi I 4th Floor Ann | 8:00 – 9:00 p.m. ★ Barbell Fitness 4th Floor Adam | 12:20 – 1:10 p.m. ★ Ex. w/ Lt Weights MPR ABC Robin S. | | 11:30 a.m. – 12:30 p.m. ● Yoga (Int./Adv.) 4th Floor Robin B. / Jared |
| | 12:00 – 12:45 p.m. ★ Chair Yoga MPR Jessica | | 1:15 – 2:45 p.m. ● Israeli Dance 4th Floor Honey | <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.</p> <p>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 – 8:30 p.m. Balanced Body Pilates 4th Floor Robin B. / Monica | | 6:25 – 7:25 p.m. ★ Zumba 4th Floor Jessica | | |
| | 7:00 – 7:30 p.m. ★ POUND™ Jessica MPR ABC | | 7:00 – 8:00 p.m. ★ Bootcamp Gym Adam | | |
| | 7:30 – 8:30 p.m. ★ Zumba MPR ABC (Women Only) Jessica | | 7:30 – 8:30 p.m. ★ Ballet Fitness Fusion 4th Floor Robin B. / Laurie | | |
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