

# FITNESS CLASS SCHEDULE

SPRING: MAR. 26 - JUN. 23 (NO CLASSES APRIL 10-18)

SUMMER: JUN. 25 - AUG. 18

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 <i>Summer Only: 4th Fl.</i>	9:00 – 10:00 a.m. ★ Danza - Dance Fitness 4th Floor Nora	8:00 – 8:45 a.m. ★ Cardio Circuit MPR AB Colette <i>Summer Only: 4th Fl.</i>	9:00 – 9:50 a.m. ★ Cardio Fit 4th Floor Nora	8:00 – 8:45 a.m. ★ Muscular Strength MPR AB Nora <i>Summer Only: 4th Fl.</i>
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 <i>Summer Only: 9:30 – 10:00 p.m</i>	12:20 – 1:10 p.m. ★ Zumba Gold 4th Floor Coco	9:10 – 10:10 a.m. ★ Zumba/Barbell Fitness <i>(Alternate weeks)</i> 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 <i>Summer Only: 10:30 – 11:15 p.m</i>	1:15 – 2:00 p.m. ★ Muscular Strength MPR ABC Colette <i>Summer Only: 1:30 – 2:15 p.m.</i>	10:00 – 10:30 a.m. ★ Aquadynamics Pool Luba <i>Summer Only: 9:30 – 10:00 a.m.</i>
	10:20 – 11:20 a.m. ● Yoga (Beg./Int.) 4th Floor Robin B. / Judy	7:00 – 8:00 p.m. ★ Zumba 4th Floor Jackie <i>Summer Only: 7:45 – 8:45 p.m.</i>	11:00 – 11:45 a.m. ★ Chair Yoga MPR AB Jessica <i>Summer Only: 11:25 – 12:10 p.m</i>	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 <i>Summer Only: 6:30 – 7:30 p.m.</i>	12:20 – 1:10 p.m. ★ Ex. w/ Lt Weights MPR ABC Robin S.		
	12:00 – 12:45 p.m. ★ Chair Yoga MPR Jessica		1:15 – 2:45 p.m. ● Israeli Dance 4th Floor Honey	<p><b>KEY</b></p> <p><b>MPR - Multi Purpose Room</b></p> <p>★ <b>Free Fitness Class</b></p> <p>● <b>Recommended for Seniors</b></p> <p>.....</p> <p><b>CLASS SCHEDULE IS SUBJECT TO CHANGE.</b> 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 <a href="http://www.cqy.org">www.cqy.org</a>.</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		6:30 – 7:30 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		