

# Commonpoint Central Queens Fitness Schedule Winter 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:55 a.m. Zumba MPR Kasia	8:45 - 9:30 a.m. Cardio Circuit Challenge Gymnasium Nora	9:00 - 10:00 a.m. Vinyasa Yoga 3rd Floor Studio Robyn	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 Robyn
10:00 - 10:45 a.m. Core & More 3rd Floor Studio Kasia	9:45 - 10:30 a.m. Exercise with Light Weights** MPR Nora	10:30 - 11:30 a.m. ChairYoga** MPR Jessica	9:45 - 10:30 a.m. Stretch & Flex** MPR Nora	9:45 - 10:30 a.m. Cardio Circuit Light** MPR Nora	
	11:00 - 12:00 p.m. ChairYoga** MPR Jessica			12:00 - 1:00 p.m. ChairYoga** MPR Jessica	
				6:15 - 7:00 p.m. Body Sculpt Central Queens 3rd Floor Studio Jessica	
	7:30 - 8:30 p.m. Zumba MPR Jessica		6:30 - 7:30 p.m. Zumba MPR Jessica	7:05 - 7:50 p.m. Dance Works 3rd Floor Studio Jessica	<b>KEY ** = Recommended for Older Adults</b>
<p><b>Location:</b> <b>Central Queens:</b> 67-09 108th St. Forest Hills, NY 11375</p> <p><b>Contacts:</b> <b>Membership</b> – Rory Hersch, Director, Membership, (718) 268-5011 ext. 121, <a href="mailto:Rhersch@Comonpoint.org">Rhersch@Comonpoint.org</a> <b>Older Adult Services</b> – Barbara Becker-Bruno, AVP, Older Adult Services (718) 225-6750 ext. 256, <a href="mailto:Bbeckerbruno@Comonpoint.org">Bbeckerbruno@Comonpoint.org</a> <b>Health &amp; Wellness</b> – Adam Ostroff, Senior Director, Health &amp; Wellness (718) 268-5011 ext. 505, <a href="mailto:Aostroff@Commonpoint.org">Aostroff@Commonpoint.org</a></p>				<p>CLASS SCHEDULE IS SUBJECT TO CHANGE. Please note: the minimum age is 16 years old for all Adult Fitness Classes, and the minimum age is 60 years old for all Older Adult Classes. In the event an instructor is unable to teach, we will make every effort to find a sub. Commonpoint Queens 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://commonpoint.org">commonpoint.org</a></p>	



Interested in working with a Personal Trainer?  
Contact Adam Ostroff - [aostroff@commonpoint.org](mailto:aostroff@commonpoint.org)

