

APRIL 2023 ADULT CLASS SCHEDULE



For descriptions, levels, and to register for all classes, download our mobile app.
Teens 15 and over may attend most classes unless otherwise indicated on 18 and over.
Non-Members may attend for \$20 per class.

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MOBILE
APP**



MON	TUE	WED	THU	FRI	SAT	SUN
Chair Yoga 10-11am Dr. Miller	Hatha Yoga (2 Classes) 9:15-10:15am 10:30-11:30am Suzanne	Zumba® 10-11am Michelle T.	Hatha Yoga 9:15-10:15am Suzanne	Spin 9:15am- 10am Steve	Total Body Workout 8:30-9:30am George	LaBlast® 8:30-9:30am Melissa
Meditation 11:15-11:45am Dr. Miller	*Knitting & Crochet Creations 10am-12pm Vera (Starts 4/18)	LaBlast® Splash Aqua Fitness 12:15-1pm Jaime			FitCulture Strength 9-10am	Hatha Yoga 9:45-10:45am Michelle F.
LaBlast® 11:30am- 12:30pm Jaime	Stretch, Flex & Tone (2 Classes) 10:30-11:30am 11:45am-12:45pm Rosalind				Tai Chi 9:45- 10:45am Rosalind	Pilates 11-11:50am Jessica
	Tai Chi 1-2pm Rosalind		FitCulture Kickboxing 4:30-5:15pm		Cycle Blast 10-11am George	
Sculpt Yoga 5-6pm Gabriela (Starts 4/10)	FitCulture Kickboxing 4:30-5:15pm		Spin 5:30-6:15pm Nikole		Vinyasa Yoga 11am-12pm Jeannie	
Cycle Blast 6-7pm Stacy	FitCulture Strength 6-7pm	Spin 6-7pm Nikole	FitCulture Strength 6-7pm		POUND® 12:15-1pm Nicole	
Cardio Hip Hop 6:15-7:15pm Gabriela (Starts 4/10)	Dance & Tone 6:30-7:30pm Roseann	Hatha Yoga 6:15-7:15pm Suzanne	Vinyasa Yoga 6:15-7:15pm Jeannie	POUND® Unplugged 5:45-6:30pm Stacy	*Italian Language Intermediate 12-1pm Maria (Starts 4/29)	
FitCulture Kickboxing 7-8pm	Buddha Hand Kung Fu 6:30-8pm Peter	FitCulture Kickboxing 7-8pm	Buddha Hand Kung Fu 6:45-8:15pm James	FitCulture Kickboxing 6:30-7:30pm	*Italian Language Beginner 1-2pm Maria (Starts 4/29)	
POUND® 7:15-8pm Stacy		Dance & Tone 7:30-8:30pm Roseann	Pilates 7:30-8:30pm Jessica	Zumba® 7-8pm Stacy	Ballroom Dance 5-6pm Eugene	*= 8-week Session

Questions? Please contact
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