

NOVEMBER 2023

ADULT CLASS SCHEDULE

(IN EFFECT 11/13)



For descriptions, levels, and to register for all classes, download our mobile app.
 Teens 13 and over may attend most classes unless otherwise indicated on 18 and over.
 Non-Members may attend for \$20 per class.

***\$50 Registration Fee required for 10-week session. No refunds.**

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	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	Stretch, Flex & Tone (2 Classes) 10:30-11:30am 11:45am-12:45pm Rosalind	Hatha Yoga 6:15-7:15pm Suzanne	Total Body Workout 10:30-11:30am Rose	Chair Yoga 10-11am Suzanne 11-12pm Dr. Miller	FitCulture Strength 9-10am	Pilates 9:45-10:45am Sifa
Dance & Tone 11:30am-12:30pm James	Tai Chi 1-2pm Rosalind	Spin 6:30-7:15pm Nikole	FitCulture Kickboxing 4:30-5:15pm	Art Studio 10am-12pm Sonia	Tai Chi 9:45-10:45am Rosalind	Total Body Workout 11am-12pm Sifa
Sculpt Yoga 5-6pm Nikole	Spin 5:30-6:15pm Danielle	FitCulture Kickboxing 7-8pm	FitCulture Strength 6-7pm	Dance & Tone 11:10m-12pm James	Cycle Blast 9:45-10:45am George	
Cycle Blast 6-7pm Stacy	FitCulture Strength 6-7pm	Dance & Tone 7:30-8:30pm Roseann	Vinyasa Yoga 6:15-7:15pm Jeannie	American Sign Language (ASL) 12:45-3pm Alina	Vinyasa Yoga 11am-12pm Jeannie	
FitCulture Kickboxing 7-8pm	Dance & Tone 6:30-7:30pm Roseann		Spin 6:30-7:15pm Nikole	Ballroom Dance 12:45-2pm Eugene	*Italian Language (Beginner) Michael 12-1pm	
Aqua Zumba® 7:15-8pm Carissa	Buddha Hand Kung Fu 6:30-8pm Peter		Buddha Hand Kung Fu 6:30-8pm Dane	POUND® Unplugged 5:45-6:30pm Stacy	*Italian Language (Advanced) Michael 1-2:30pm	
POUND® 7:15-8pm Stacy			Sculpt Yoga 7:30-8:15pm Nikole	Zumba® 6:45-7:45pm Stacy	Ballroom Dance 2-3pm Eugene	

Questions? Please contact Program Director, Jaime Vacca
 Email: j.vacca@fiaobrooklyn.org

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