

# DECEMBER 2023

## ADULT CLASS

## SCHEDULE



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

Questions? Please contact Program Director, Jaime Vacca  
 Email: [j.vacca@fiaobrooklyn.org](mailto:j.vacca@fiaobrooklyn.org)

**DOWNLOAD  
MOBILE  
APP**

