

MARCH 2024

ADULT CLASS

SCHEDULE



For descriptions, levels, and to register for all classes, download our mobile app.
Classes must have at least participants enrolled to run.
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. Session began 1/13.**

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

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

DOWNLOAD
MOBILE
APP

