

# MAY 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 8-week session. No refunds.**

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Chair Yoga</b> 10-11am Marja	<b>Hatha Yoga (2 Classes)</b> 9:15-10:15am 10:30-11:30am Suzanne	<b>Zumba®</b> 10-11am Michelle	<b>Hatha Yoga &amp; Meditation</b> 9:15-10:30am Suzanne	<b>Spin</b> 9:15am- 10am Steve	<b>Total Body Workout</b> 8:30-9:30am Brandon	<b>LaBlast®</b> 8:30-9:30am Melissa
<b>Dance &amp; Tone</b> 11:15am- 12:15pm James	<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 ----- 11-11:50am Assunta	<b>FitCulture Strength</b> 9-10am	<b>Pilates</b> 9:45-10:45am Sifa
<b>Meditation</b> 11:15am- 12pm Amanda	<b>Tai Chi</b> 1-2pm Rosalind	<b>Spin</b> 6:15-7pm 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> 5:15-6pm 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>Vinyasa Yoga</b> 11am-12pm Jeannie	<b>Hatha Yoga</b> 12:15-1:15pm Michelle F.
<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>*Italian Language (Beginner)</b> Michael 12-1pm	
<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 (Advanced)</b> Michael 1-2:30pm	
<b>POUND®</b> 7:15-8pm Stacy	<b>Buddha Hand Kung Fu</b> 6:30-8pm Peter		<b>Sculpt Yoga</b> 7:30-8:30pm Nikole	<b>POUND® Unplugged</b> 5:45-6:30pm Stacy	<b>Spin</b> 1:15-2pm Nikole	
<b>Aqua Zumba®</b> 7:15-8pm Carissa	<b>Pilates</b> 7:45-8:45pm Carissa			<b>Zumba®</b> 6:45-7:45pm Stacy	<b>Ballroom Dance</b> 2-3pm Eugene	

Questions? Please contact Program Director, Jaime Vacca  
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