

AUGUST 2024 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.

MON	TUE	WED	THU	FRI	SAT	SUN
Chair Yoga 10-11am Marja (MP Room)	Hatha Yoga 8:45-9:45am Suzanne (MP Room)	LaBlast® 10-11am Staff (MP Room)	Hatha Yoga & Meditation 9:15-10:30am Suzanne (MP Room)	Spin 9:15am-10am Steve (Fitness Center)	Total Body Workout 8:30-9:30am Brandon (MP Room)	LaBlast® 8:30-9:30am Melissa (MP Room)
Dance & Tone 11:15am-12:15pm James (MP Room)	Stretch, Flex & Tone (2 Classes) 10:30-11:30am 11:45am-12:45pm Rosalind (MP Room)	Women's Support Group 10:45-11:45am Amanda (Classroom 1)	FitCulture Kickboxing 4:30-5:15pm (Fitness Center)	Chair Yoga 10-11am Assunta (MP Room)	FitCulture Strength 9-10am (Gymnasium)	Pilates 9:45-10:45am Sifa (MP Room)
Sculpt Yoga 5-6pm Nikole (Classroom 2)	Tai Chi 1-2pm Rosalind (MP Room)	Meditation 11:45am - 12:45pm Amanda (Classroom 1)	FitCulture Strength 6-7pm (Gymnasium)	Dance & Tone 11:15am-12:15pm James (MP Room)	Tai Chi 9:45-10:45am Rosalind (MP Room)	Total Body Workout 11am-12pm Sifa (MP Room)
Cycle Blast 6-7pm Stacy (Fitness Center)	Spin 5:15-6pm Danielle (Fitness Center)	Hatha Yoga 6:15-7:15pm Suzanne (Classroom 2)	Vinyasa Yoga 6:15-7:15pm Jeannie (Classroom 2)	POUND® Unplugged 5:45-6:30pm Stacy (MP Room)	Vinyasa Yoga 11am-12pm Jeannie (MP Room)	Hatha Yoga 12:15-1:15pm Michelle F. (MP Room)
FitCulture Kickboxing 7-8pm (Fitness Center)	FitCulture Strength 6-7pm (Gymnasium)	Spin 6:15-7pm Nikole (Fitness Center)	Buddha Hand Kung Fu 6:30-8pm Jack (Fitness Center)	Zumba® 6:45-7:45pm Stacy (MP Room)	LaBlast® 10-11am Teshia (MP Room)	Boxing 12:15-1:15pm Joel (Fitness Center)
POUND® 7:15-8pm Stacy (MP Room)	Dance & Tone 6:30-7:30pm Roseann (MP Room)	FitCulture Kickboxing 7-8pm (Fitness Center)	Sculpt Yoga 7:30-8:30pm Nikole (Classroom 2)		Spin 1:15-2pm Nikole (Fitness Center)	
Aqua Zumba® 7:15-8pm Carissa (Pool)	Buddha Hand Kung Fu 6:30-8pm Peter (Classroom 2)	Dance & Tone 7:30-8:30pm Roseann (MP Room)			Ballroom Dance 2-3:30pm Eugene (Classroom 2)	
	Pilates 7:45-8:45pm Carissa (MP Room)					

Questions? Please contact Program Director, Jaime Vacca
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