

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

Questions? Please contact Program Director, Jaime Vacca  
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