

# Sportspark Fitness Classes Schedule

| Sunday | Monday       | Tuesday         | Wednesday | Thursday        | Friday              | Saturday           |
|--------|--------------|-----------------|-----------|-----------------|---------------------|--------------------|
|        |              | <u>Yoga</u>     |           | <u>Yoga</u>     |                     | <u>Yoga</u>        |
|        |              | 6-7pm           |           | 6-7pm           |                     | 9:30-10:30am       |
|        |              | 7-8pm           |           | 7-8pm           |                     | Multi-Purpose Room |
|        |              | Cultural Center |           | Cultural Center |                     |                    |
|        |              |                 |           | Small Studio    |                     |                    |
|        | <u>Zumba</u> |                 |           | <u>Zumba</u>    |                     | <u>Zumba</u>       |
|        | 6-6:45pm     |                 |           | 6-7pm           |                     | 10:45-11:45am      |
|        | 6:45-7:30pm  |                 |           | 7-8pm           |                     | Gymnasium          |
|        | Gymnasium    |                 |           | Gymnasium       |                     |                    |
|        |              |                 |           |                 | <u>Table Tennis</u> |                    |
|        |              |                 |           |                 | 5-9pm               |                    |
|        |              |                 |           |                 | Multi-Purpose-Room  |                    |

| Daily Admission             | Cost    |
|-----------------------------|---------|
| Yoga                        | \$ 5.00 |
| Zumba                       | \$ 5.00 |
| Table Tennis                | \$ 5.00 |
| * All Classes 18+ Years Old |         |

## Directions:

Take the Red-Bus to the Tennis Bubble. From there head South Next Building is Sportspark Complex. 250 Main Street (Gym Entrance of the building)/West Entrance.

Visit us at [www.RIOC.NY.GOV/Sportspark](http://www.RIOC.NY.GOV/Sportspark) or Call us at (212) 371-2901