



Adult Winter 2026 Schedule

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:00pm Intro to Aerial Hoop @ IncrediPole	7am, 8am, & 9am Adult Fitness @ Harmony Playground	6am & 7am Adult Fitness @ J.J. Byrne	6:30am- 9:30am Adult Fitness @ Harmony Playground		6:00pm Intro to Hammock @ IncrediPole	8am Adult Fitness @ Fort Greene Park
	6:00pm Intro to Hammock @ Tigermom Aerial Hoop					

*Each class is 60 - 75min long

*Classes at the playgrounds & parks are \$25 drop in price

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