

APRIL 17TH-MAY 20TH



Q-HOUSE ACTIVITIES



Intense Conditioning Dance Adults

*Mondays 7:30-8:30 pm
with Ms. Nikki Claxton*



Jazz Dance (7-12th grade)

*Mondays 6:30-7:30 pm
Horton Dance (Adult)
Tuesdays 7:30-8:30 pm
with Ms. Nikki Claxton*



OPEN FITNESS ROOM

*Mondays & Tuesdays
10:00 - 1:00 & 6:30 - 8:30 pm
Saturdays 12:00 - 3:00 pm*



Fitness

*Wednesdays & Thursdays
7:00- 7:45 pm
Saturdays
10:00 - 10:45 am
11:00 - 11:45 am*



Theater (7-12 years old)

Mondays 6:00 - 7:00 pm



Cooking

*Thursdays 5:30 - 6:30 pm
with Ms. Kismet*



Capoeira Youth

*Thursdays 6:00- 7:30 pm
Capoeira Adults
Thursdays 7:00- 8:00 pm
Saturdays 10:00 - 11:00 am*



Adult Painting

Thursdays 6:30 - 8:00 pm



Yoga & Meditation

Saturdays 11:30 - 12:30 pm



Youth Music Production

Saturdays

***8th-9th Grade** 1:30 - 2:30 pm
10th-12th Grade 2:45 pm - 3:45 pm*



Adult Open Gym

Thursday 6:00 - 8:30 pm



LINE DANCING

Tuesdays 6:30 - 7:30 pm



ZUMBA

Saturdays 10:45 - 11:30 am



Pilates

Mondays 7:00 pm - 8:00 pm

There are limited slots at this time

You must be vaccinated against Covid-19 and show proof of it before entering the building!

If you have any questions please call our front desk at 203-773-0770