

Winter 2026 ADULT Fitness & Enrichment Classes

Click on Class ID# below to see full class descriptions

****All classes are IN PERSON unless otherwise indicated****



Color Key:

	Enrichment
	Fitness
	Yoga & Pilates
	Adapted

ADULT Class Schedule

SUNDAYS	Name of Class	Dates	Ages	Class ID#
Sun, 10:00-11:30AM	Iyengar Yoga - HYBRID	2/1-3/29	10th-Adult	3706.206
Sun, 10:00AM-12:00PM	Adult & Child: Exploring Clay Together	1/11-3/22	K-6th & an Adult	2298.201
Sun, 12:00-3:00PM	Adult Pottery	1/11-3/22	10th-Adult	2198.201
Sun, 1:00-2:00PM	Adult Co-Ed Self Defense	1/11-2/22	12th-Adult	3315.206
Sun, 1:00-3:00PM	Adult & Child: Let's Sew Together Level 2	2/8-3/22	1st-8th & an Adult	1742.201
Sun, 2:00-4:30PM	NEW! Art of Gyoza (Japanese Dumpling) Making	3/1 ONLY	9th-Adult	1385.201
Sun, 2:30-3:30PM	NEW! Intro to Waltz Clogging and Traditional Step Dance	1/11-3/15	8th-Adult	1289.201
Sun, 3:00-4:30PM	Intro to Taiko Drumming	1/25 ONLY	8th-Adult	1766.201
Sun, 3:00-4:30PM	Intro to Taiko Drumming	2/22 ONLY	8th-Adult	1766.202
Sun, 3:00-4:30PM	Intro to Taiko Drumming	3/22 ONLY	8th-Adult	1766.203
Sun, 3:00-5:00PM	Adult & Child: Exploring Clay Together	1/11-3/22	K-6th & an Adult	2298.202
Sun, 6:00-7:15PM	Yoga Flow & Restorative - HYBRID	1/11-3/15	10th-Adult	3711.209
MONDAYS	Name of Class	Dates	Ages	Class ID#
Mon, 8:00-8:45AM	Peaceful Dragon Rising: Qigong Stretches	1/12-2/16	Adult	2384.201
Mon, 9:15-10:30AM	Yoga Pilates - ONLINE	1/5-3/16	10th-Adult	3110.207

Mon, 11:00AM-12:00PM	SHiNE Light™ Dance Fitness	1/5-3/9	12th-Adult	3168.201
Mon, 4:00-5:30PM	Strike Force Bowling	1/12-3/16	9th-Adult	6112.201
Mon, 5:00-5:50pm	Indian Tabla Drumming - Adult	1/12-3/2	Adult	1356.201
Mon, 5:30-6:30PM	Pickleball 102	1/12-3/2	10th-Adult	3179.203
Mon, 6:00-7:00PM	Cardio Dance & Pilates - HYBRID	1/5-3/9	10th-Adult	3108.206
Mon & Thurs, 6:00-7:00PM	Cardio Dance & Pilates Mon/Thurs Combo - HYBRID	1/5-3/12	10th-Adult	3108.208
Mon, 6:00-7:00PM	Pilates Matwork	1/5-3/9	10th-Adult	3112.206
Mon, 6:00-7:30PM	Iyengar Yoga - HYBRID	2/2-3/23	10th-Adult	3706.204
Mon, 6:30-8:30PM	Beginning Sewing	1/12-3/16	Adult	1749.201
Mon, 6:30-8:30PM	Woodworking with Hand Tools 1 - Beginner	1/26-3/16	Adult	1714.201
Mon, 6:45-7:45PM	NEW! Pickleball 103	1/12-3/2	10th-Adult	3179.204
Mon, 7:00-9:00PM	Ann Arbor Civic Chorus (AACC)	2/2-5/18	Adult	1770.201
TUESDAYS	Name of Class	Dates	Ages	Class ID#
Tues, 9:00-10:00AM	BellyFit	1/6-3/10	Adult	3193.205
Tues, 9:30-10:30AM	Feldenkrais Method®: Finding Balance...in a Chair - ONLINE	1/6-3/3	10th-Adult	3155.202
Tues, 11:00AM-12:00PM	Cardio Drumming	1/6-3/10	10th-Adult	3171.205
Tues, 11:00AM-12:00PM	Introduction to Tai Chi	1/13-2/17	Adult	1821.201
Tues, 1:00-3:00PM	NEW! Ann Arbor Civic Chorus (AACC) - Ann Arbor Sopranos Altos (SoprAltos)	2/3-5/19	Adult	2867.201
Tues, 6:00-7:00PM	Intro to Yoga	1/6-3/10	10th-Adult	3701.204
Tues, 6:00-7:00PM	Chair Yoga - ONLINE	1/13-3/17	Adult	3719.205
Tues, 6:00-7:00PM	Hiit Fit	1/6-3/10	10th-Adult	3106.205
Tues, 12:15 - 1:15 PM	Weight Training Through the Ages - ONLINE	1/6-3/10	12th-Adult	3124.205
Tues, 5:00-6:00PM & Thurs, 5:00-6:00PM	Women's Strength Training	2/3-3/3	12th-Adult	3167.201
Tues, 6:00-7:00PM &	COED Barbell Basics: Strength Training for Adults	1/6-1/29	12th-Adult	3167.203

Thurs, 6:00-7:00PM				
Tues, 6:00-7:00PM	Adult Hip Hop Street Dance	2/3-3/17	9th-Adult	1234.201
Tues, 6:00-7:30PM	iPhone Photography	1/13 ONLY	10th-Adult	1254.201
Tues, 6:00-8:00PM	Spanish: Level 1	1/20-3/10	Adult	1509.201
Tues, 6:00-8:00PM	NEW! Shake Your Shamrocks: Cookie Decorating Workshop	3/17 ONLY	9th-Adult	1534.201
Tues, 6:00-8:00PM	Estate Planning Basics	3/24 ONLY	Adult	1915.201
Tues, 6:00-8:00PM	Long Term Care/Medicaid Planning	1/20 ONLY	Adult	1916.201
Tues, 6:00-8:00PM	NEW! Adult & Child: Do You Want to Build a Cookie?	1/27 ONLY	1st-8th & an Adult	1623.201
Tues, 6:00-8:30PM	NEW! Nourish & Gather: A Japanese Hot Pot Experience	2/17 ONLY	10th-Adult	2256.202
Tues, 6:00-9:00PM	Adult Pottery	1/6-3/17	10th-Adult	2198.202
Tues, 6:00-9:00PM	Acrylic Painting : Beginning & Continuing	1/6-3/10	10th-Adult	2186.201
Tues, 6:30-8:00pm	NEW! Design Your Year: Vision Board & Intention-Setting	1/13 ONLY	Adult	1870.201
Tues, 6:30-8:00pm	NEW! Raising AI-Smart Kids: How to Talk About Artificial Intelligence	3/10 ONLY	Adult	1870.204
Tues, 6:30-8:30PM	Beginning Sewing	1/13-3/10	Adult	1749.202
Tues, 6:45-8:00PM	Adult Ballet - Beyond the Basics	1/13-3/10	Adult	1628.201
Tues, 7:00-8:00PM	Social Dance 101	1/6-3/17	10th-Adult	2274.201
Tues, 8:00-9:00PM	Swing Dance 101	1/6-3/17	10th-Adult	2262.201
WEDNESDAYS	Name of Class	Dates	Ages	Class ID#
Wed, 9:15-10:30AM	Yoga Pilates - Flow Style - ONLINE	1/7-3/18	10th-Adult	3110.208
Wed, 10:00AM-12:00PM	Woodworking with Hand Tools 1 - Beginner	1/21-3/11	Adult	1714.202
Wed, 11:30AM-12:15PM	Yogilates® - HYBRID	1/14-3/11	12th-Adult	3176.202
Wed, 1:00-2:00PM	SHiNE Light™ Dance Fitness	1/7-3/11	12th-Adult	3168.202
Wed, 5:30-6:30PM	Pickleball 101	1/14-2/18	10th-Adult	3179.201
Wed, 5:30-8:00PM	Adult & Pediatric First Aid/CPR/AED Certification -	2/11 ONLY	Adult	1964.201

	Blended Learning			
Wed, 6:00-7:00PM	Hatha Yoga	1/7-3/11	10th-Adult	3718.203
Wed, 6:00-8:30PM	NEW! Nourish & Gather: A Japanese Hot Pot Experience	2/4 ONLY	10th-Adult	2256.201
Wed, 6:00-9:00PM	Adult Pottery	1/7-3/11	10th-Adult	2198.203
Wed, 6:30-8:00pm	NEW! Organized for Calm: Decluttering Your Space and Mind	1/28 ONLY	Adult	1870.202
Wed, 6:30-8:00pm	NEW! Digital Balance: Smart Tech Habits for Families	2/18 ONLY	Adult	1870.203
Wed, 6:45-7:45PM	Pickleball 102	1/14-2/18	10th-Adult	3179.202
Wed, 7:00-8:30PM	Virtual Cinema Club - ONLINE	1/21-2/18	Adult	2308.201
Wed, 7:45-8:30PM	Beginner Tang Soo Do (Korean Karate)	1/7-2/25	12th-Adult	3192.205
THURSDAYS	Name of Class	Dates	Ages	Class ID#
Thurs, 9:30AM-12:00PM	Jewelry: Beginning and Continuing	1/22-3/12	9th-Adult	2163.201
Thurs, 10:30-11:30AM	Therapeutic Yoga - HYBRID	1/15-3/19	Adult	3750.204
Thurs, 10:30AM-12:00PM	NEW! The Art of Mandala	1/22-3/12	Adult	1942.201
Thurs, 5:30-6:15PM	Yogilates® - HYBRID	1/15-3/12	12th- Adult	3176.203
Thurs, 6:00-6:45PM	Strength Training	1/8-3/12	10th-Adult	3102.203
Thurs, 6:00-7:00PM	Cardio Dance & Pilates - HYBRID	1/8-3/12	10th-Adult	3108.207
Thurs, 6:00-7:15PM	Yoga Flow - ONLINE	1/8-3/12	10th-Adult	3711.208
Thurs, 6:00-7:15PM	French Level 1	1/29-2/26	10th-Adult	1512.201
Thurs, 6:00-7:30PM	Improv for Non-Actors	2/5-3/5	9th-Adult	1632.201
Thurs, 6:00-7:30PM	Spanish: Level 2	1/22-3/12	Adult	1509.202
Thurs, 6:00-7:30PM	Intro to Photography	2/12-3/5	10th-Adult	1253.201
Thurs, 6:00-8:00PM	Mastering Tempeh: Learn to Make and Cook Tempeh	3/12 ONLY	Adult	1326.201
Thurs, 6:00-8:00PM	NEW! Adult & Child Cooking: Touchdown Treats with Your Little Chef	2/5 ONLY	1st-6th & an Adult	1672.201
Thurs, 6:00-8:30PM	NEW! Rooted in Flavor: Cozy Winter Cooking	1/15 ONLY	Adult	2285.201

Thurs, 6:15-7:15PM	Intro to Yoga	1/8-3/12	10th-Adult	3701.205
Thurs, 6:15-7:15PM	SHiNE™ Dance Fitness	1/8-3/12	12th-Adult	3168.203
Thurs, 6:30-8:30PM	Sewing 2: Next Steps	1/22-3/12	Adult	1382.201
Thurs, 6:30-8:30PM	Watercolor: Beginning & Continuing	1/22-2/26	8th-Adult	2182.201
Thurs, 6:30-8:30PM	Woodworking with Hand Tools 1 - Beginner	1/22-3/26	Adult	1714.203
Thurs, 7:00-8:30PM	Virtual Cinema Club - ONLINE	1/22-2/19	Adult	2308.202
Thurs, 7:15-8:30PM	French Level 2	1/29-2/26	10th-Adult	1513.201
Thurs, 7:30-9:00PM	Iyengar Yoga - HYBRID	2/5-3/26	10th-Adult	3706.207
FRIDAYS	Name of Class	Dates	Ages	Class ID#
Fri, 9:15-10:30AM	Yoga Pilates - ONLINE	1/9-3/20	10th-Adult	3110.209
Fri, 9:30-10:30AM	Zumba Toning with Light Hand Weights - ONLINE	1/9-3/13	Adult	3142.205
Fri, 6:00-8:00PM	NEW! Adult & Child Cooking: Let's Get Soupy!	3/13 ONLY	3rd-6th & an Adult	1064.201
Fri, 6:30-7:30PM	Adult Fencing	1/9-3/6	10th -Adult	3501.206
Fri, 6:30-8:30PM	Woodworking with Hand Tools 2 - Intermediate	1/9-3/13	Adult	1736.201
Fri, 6:30-8:30PM	Woodworking with Hand Tools 3 - Advanced	1/9-3/13	Adult	1738.201
Fri, 7:00-7:45PM	Cardio Kickboxing	1/9-3/20	10th-Adult	3314.205
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	1/9-2/6	Adult	2653.201
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	2/20-3/20	Adult	2653.202
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	1/9-2/6	Adult	2654.201
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	2/20-3/20	Adult	2654.202
Fri, 8:00-9:00PM	Traditional Argentine Tango: Intermediate	1/9-3/20	Adult	2259.201
SATURDAYS	Name of Class	Dates	Ages	Class ID#
Sat, 9:00-10:00AM	Cardio Barre	1/10-3/14	10th-Adult	3104.205
Sat, 9:00-11:00am	NEW! Michigan Wildflowers: Family-Friendly Winter Planting Workshop	1/31 ONLY	Adult Individuals or Families (ages 5+)	2759.201
Sat, 9:00-11:00am	NEW! Michigan Wildflowers: Family-Friendly Winter Planting Workshop	2/28 ONLY	Adult Individuals or Families	2759.202

			(ages 5+)	
Sat, 9:00-11:00am	NEW! Michigan Wildflowers: Family-Friendly Winter Planting Workshop	3/14 ONLY	Adult Individuals or Families (ages 5+)	2759.203
Sat, 9:00AM-12:00PM	Adult & Child Woodworking Adventure	2/28 & 3/7	4th-8th	1763.201
Sat, 10:00-11:30AM	NEW! Adult & Child: Mini Winter Village Clay Workshop	1/24 & 1/31	1st-6th & an adult	1627.201
Sat, 10:00-11:30AM	Iyengar Yoga - HYBRID	2/7-3/28	10th-Adult	3706.205
Sat, 10:00-11:30AM	NEW! Adult & Child: Mumbai Street Food Fun!	3/14 ONLY	1st-6th & an adult	2946.201
Sat, 10:00AM-12:00PM	Adult & Child: Let's Sew Together Level 1	1/24-3/7	1st-6th & an Adult	1637.201
Sat, 10:00AM-12:00PM	NEW! Paneer Makhani Workshop	2/7 ONLY	Adult	1378.201
Sat, 10:15-11:15AM	Abs & Core for a Strong Back	1/10-3/14	10th-Adult	3172.201
Sat, 12:00-2:00pm	NEW! Michigan Wildflowers: Family-Friendly Winter Planting Workshop	1/31 ONLY	Adult Individuals or Families (ages 5+)	2759.211
Sat, 12:00-2:00pm	NEW! Michigan Wildflowers: Family-Friendly Winter Planting Workshop	2/28 ONLY	Adult Individuals or Families (ages 5+)	2759.212
Sat, 12:00-2:00pm	NEW! Michigan Wildflowers: Family-Friendly Winter Planting Workshop	3/14 ONLY	Adult Individuals or Families (ages 5+)	2759.213
Sat, 12:15-1:30PM	Adult Ballet - Absolute Beginners	1/17-3/14	Adult	1824.201
Sat, 12:30-2:30PM	Adult & Child: Let's Sew Together Level 1	1/24-3/7	1st-6th & an adult	1637.202
Sat, 5:30-6:30PM	Hula Dancing 101	1/24-3/7	9th-Adult	1499.201