

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

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

Thurs, 6:00-7:00PM				
Tues, 6:00-7:00PM	Adult Hip Hop Street Dance	2/3-3/17	9th-Adult	<a href="#">1234.201</a>
Tues, 6:00-7:30PM	iPhone Photography	1/13 ONLY	10th-Adult	<a href="#">1254.201</a>
Tues, 6:00-8:00PM	Spanish: Level 1	1/20-3/10	Adult	<a href="#">1509.201</a>
Tues, 6:00-8:00PM	<b>NEW!</b> Shake Your Shamrocks: Cookie Decorating Workshop	3/17 ONLY	9th-Adult	<a href="#">1534.201</a>
Tues, 6:00-8:00PM	Estate Planning Basics	3/24 ONLY	Adult	<a href="#">1915.201</a>
Tues, 6:00-8:00PM	Long Term Care/Medicaid Planning	1/20 ONLY	Adult	<a href="#">1916.201</a>
Tues, 6:00-8:00PM	<b>NEW!</b> Adult & Child: Do You Want to Build a Cookie?	1/27 ONLY	1st-8th & an Adult	<a href="#">1623.201</a>
Tues, 6:00-8:30PM	<b>NEW!</b> Nourish & Gather: A Japanese Hot Pot Experience	2/17 ONLY	10th-Adult	<a href="#">2256.202</a>
Tues, 6:00-9:00PM	Adult Pottery	1/6-3/17	10th-Adult	<a href="#">2198.202</a>
Tues, 6:00-9:00PM	Acrylic Painting : Beginning & Continuing	1/6-3/10	10th-Adult	<a href="#">2186.201</a>
Tues, 6:30-8:00pm	<b>NEW!</b> Design Your Year: Vision Board & Intention-Setting	1/13 ONLY	Adult	<a href="#">1870.201</a>
Tues, 6:30-8:00pm	<b>NEW!</b> Raising AI-Smart Kids: How to Talk About Artificial Intelligence	3/10 ONLY	Adult	<a href="#">1870.204</a>
Tues, 6:30-8:30PM	Beginning Sewing	1/13-3/10	Adult	<a href="#">1749.202</a>
Tues, 6:45-8:00PM	Adult Ballet - Beyond the Basics	1/13-3/10	Adult	<a href="#">1628.201</a>
Tues, 7:00-8:00PM	Social Dance 101	1/6-3/17	10th-Adult	<a href="#">2274.201</a>
Tues, 8:00-9:00PM	Swing Dance 101	1/6-3/17	10th-Adult	<a href="#">2262.201</a>
<b>WEDNESDAYS</b>	<b>Name of Class</b>	<b>Dates</b>	<b>Ages</b>	<b>Class ID#</b>
Wed, 9:15-10:30AM	Yoga Pilates - Flow Style - <b>ONLINE</b>	1/7-3/18	10th-Adult	<a href="#">3110.208</a>
Wed, 10:00AM-12:00PM	Woodworking with Hand Tools 1 - Beginner	1/21-3/11	Adult	<a href="#">1714.202</a>
Wed, 11:30AM-12:15PM	Yogilates® - <b>HYBRID</b>	1/14-3/11	12th-Adult	<a href="#">3176.202</a>
Wed, 1:00-2:00PM	SHiNE Light™ Dance Fitness	1/7-3/11	12th-Adult	<a href="#">3168.202</a>
Wed, 5:30-6:30PM	Pickleball 101	1/21-2/25	10th-Adult	<a href="#">3179.201</a>
Wed, 5:30-8:00PM	Adult & Pediatric First Aid/CPR/AED Certification -	2/11 ONLY	Adult	<a href="#">1964.201</a>

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

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

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