

TUESDAYS–FRIDAYS + SUNDAYS, TRINITY COMMONS: Make friends, get moving, and care for your mental and physical health in classes for the whole community. From Pilates to barre, pickleball to basketball, tai chi to dance meditation, there's something for everyone. And, this semester, learn the art of Ballroom in a special beginner-friendly class on voguing. Find out more and register at trinitywallstreet.org/athletics.

Sunday Open Gym

SUNDAYS, 11AM–12:30PM

Join the Trinity community for open play basketball, volleyball, pickleball, and more.

Pilates

TUESDAYS, 8:15–9:15AM, 9:30–10:30AM

Improve your mobility and strengthen your core muscle groups with a low-impact, full-body workout that's accessible to beginners.

Barre

THURSDAYS, 6:30–7:30PM

FRIDAYS, 9:30–10:30AM

Strengthen your body in a class that combines elements of ballet, yoga, and Pilates to form a high-intensity, low-impact workout that's perfect for beginners.

Pickleball

THURSDAYS, 6:30–8:30PM

Pickleball is a family-friendly game that combines elements of tennis and ping pong. Learn rules and techniques from a certified instructor, practice on your own, or participate in a match.

Tai Chi

THURSDAYS, 1:30–2:30PM

Improve your flexibility and circulation, relieve stress, and enjoy time with others in a tai chi class especially for seniors.

The Category Is:

Intro to Ballroom and Vogue

WEDNESDAYS, 6:30–8PM, STARTING APRIL 10

Challenge yourself and improve your self-esteem in a beginner-friendly class on the history and art of Ballroom—or voguing. Learn to “walk,” spin, dip, and much more!

Hoop and Flow

FRIDAYS, 6:30–8PM, STARTING MAY 3

Get an introduction to dance meditation by learning to hula hoop! Practice moving freely and artistically in a safe and inclusive environment.



Learn more at
trinitywallstreet.org/athletics