## April-June Calendar

### Monday
- **Yoga**
  - 7:00am-7:45am
  - INSTRUCTOR: Katrin

- **Toning & Conditioning**
  - 12:00pm-12:45pm
  - INSTRUCTOR: Michelle

- **Lunchtime Meditation**
  - 12:45pm-1:15pm
  - INSTRUCTOR: Shalyni

- **Soca**
  - 1:15pm-2:00pm
  - INSTRUCTOR: Amina

- **Chair Yoga**
  - 5:00pm-5:30pm
  - INSTRUCTOR: Lillian

- **Zumba**
  - 6:00pm-6:45pm
  - INSTRUCTOR: Ilana

- **Self-Massage**
  - 7:00pm-7:45pm
  - INSTRUCTOR: Anu

- **Pilates**
  - 6:30pm-7:15pm
  - INSTRUCTOR: Tara

### Tuesday
- **Yoga & Meditation**
  - 7:00am-7:45am
  - INSTRUCTOR: Sojourner

- **Pilates**
  - 8:00am-8:45am
  - INSTRUCTOR: Katrin

- **Lunchtime Yoga**
  - 11:00am-11:45am
  - INSTRUCTOR: Amanda

- **Lunchtime Meditation**
  - 12:45pm-1:15pm
  - INSTRUCTOR: Shalyni

- **Low Impact Cardio**
  - 12:00pm-12:45pm
  - INSTRUCTOR: Dulce

- **Tabata**
  - 1:15pm-2:00pm
  - INSTRUCTOR: Roshi

- **90's Dance Fitness**
  - 5:15pm-6:00pm
  - INSTRUCTOR: Julia

- **Pilates**
  - 6:30pm-7:15pm
  - INSTRUCTOR: Tara

### Wednesday
- **Yoga**
  - 7:00am-7:45am
  - INSTRUCTOR: Katrin

- **Morning Meditation**
  - 7:45am-8:15am
  - INSTRUCTOR: Kristin

- **Toning & Conditioning**
  - 12:00pm-12:45pm
  - INSTRUCTOR: Krissis

- **Zumba**
  - 1:15pm-2:00pm
  - INSTRUCTOR: Dulce

- **Chair Yoga**
  - 5:00pm-5:30pm
  - INSTRUCTOR: Lillian

- **Soca**
  - 6:00pm-6:45pm
  - INSTRUCTOR: TBD

- **Evening Meditation**
  - 5:30pm-6:00pm
  - INSTRUCTOR: Kristin

### Thursday
- **Yoga**
  - 7:00am-7:45am
  - INSTRUCTOR: Katrin

- **Yoga**
  - 8:00am-8:45am
  - INSTRUCTOR: Kristin

- **Toning & Conditioning**
  - 12:00pm-12:45pm
  - INSTRUCTOR: Michelle

- **PIYO**
  - 12:00pm-12:45pm
  - INSTRUCTOR: Michelle

- **Lunchtime Meditation**
  - 12:45pm-1:15pm
  - INSTRUCTOR: Evy

- **Boxing**
  - 1:15pm-2:00pm
  - INSTRUCTOR: Rachael

- **Bootcamp**
  - 1:15pm-2:00pm
  - INSTRUCTOR: Amina

- **Wind Down for the Weekend**
  - 5:00pm-5:45pm
  - INSTRUCTOR: Lillian

- **Evening Meditation**
  - 5:30pm-6:00pm
  - INSTRUCTOR: Kristin

- **Dance Cardio**
  - 6:00pm-6:45pm
  - INSTRUCTOR: Julia

### Friday
- **Yoga**
  - 7:00am-7:45am
  - INSTRUCTOR: Katrin

- **Toning & Conditioning**
  - 12:00pm-12:45pm
  - INSTRUCTOR: Michelle

- **Lunchtime Meditation**
  - 12:45pm-1:15pm
  - INSTRUCTOR: Evy

- **Boxing**
  - 1:15pm-2:00pm
  - INSTRUCTOR: Rachael

- **Wind Down for the Weekend**
  - 5:00pm-5:45pm
  - INSTRUCTOR: Lillian

### Classes will not be held on Memorial Day (Monday, May 31st)

**Zoom password:** workwell

Visit on.nyc.gov/upcomingevents for more information about upcoming classes and programs.
CLASS DESCRIPTIONS

- **CHAIR YOGA**
  A gentle form of yoga practiced seated on a chair or standing on the ground using a chair for support.

- **MEDITATION**
  Utilizing breath work and awareness building, participants learn how to use meditation as part of their mindfulness practice to release stress, tension, and find feelings of emotional calm.

- **SELF-MASSAGE**
  Participants learn self-massage techniques to relieve stress, relax sore muscles, and improve blood flow.

- **YOGA**
  Yoga is a mind-body practice that links movement to breath with poses that promote strength and flexibility.

- **YOGA & MEDITATION**
  Yoga is a mind-body practice that links movement to breath with poses that promote strength and flexibility.

- **WIND DOWN FOR THE WEEKEND**
  A chair yoga class ending with a short meditation practice to help you decompress and transition into the weekend.

- **BOOTCAMP**
  Interval training mixing calisthenics and body-weight exercises for building strength and cardio. Classes focus on different muscle groups for a full-body workout.

- **BOXING**
  A combat-inspired exercise incorporating a routine of different punches to help build endurance and upper-body strength.

- **DANCE CARDIO**
  Aerobic activity featuring combinations of dance moves set to music. Have fun while building strength and endurance.

- **90’S DANCE FITNESS**
  Aerobic routines featuring combinations of dance moves set to 90’s music.

- **KICKBOXING**
  A standing combat sport based on kicking and punching for total body fitness.

- **LOW IMPACT CARDIO**
  An aerobic-based workout designed to limit impact on the joints.

- **PILATES**
  A low-impact exercise designed to improve core strength, postural alignment, and flexibility.

- **PIYO**
  A cardio workout combining the flexibility of yoga with the core-building and strengthening moves of Pilates.

- **TABATA**
  A high-intensity interval training (HIIT) workout including exercises that last four minutes and helps to increase endurance and aerobic performance.

- **TONING + CONDITIONING**
  Exercises designed to build definition, shape and strength in the muscles.

- **SOCA FITNESS**
  A Caribbean Carnival-style dance workout for the whole body, to build stamina and strength.

- **ZUMBA**
  An aerobic fitness program inspired by Latin and international music and dance moves. Routines incorporate combinations of fast and slow rhythms to improve cardiovascular health.