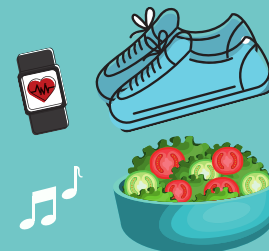




WorkWell DIGITAL

July - September
CALENDAR



MONDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Toning & Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Michelle
REGISTER HERE →
- **Afternoon Yoga**
1:15pm-2:00pm
INSTRUCTOR: Shalyni
REGISTER HERE →
- **Chair Yoga**
5:00pm-5:30pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **Zumba**
6:00pm-6:45pm
INSTRUCTOR: Ilana
REGISTER HERE →
- **Evening Meditation**
6:45pm-7:05pm
INSTRUCTOR: Shalyni
REGISTER HERE →
- **Boxing**
7:15pm-8:00pm
INSTRUCTOR: Rachael
REGISTER HERE →

TUESDAY

- **Soca**
6:45am-7:30am
INSTRUCTOR: Amina
REGISTER HERE →
- **Pilates**
8:00am-8:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Low Impact Cardio**
12:00pm-12:45pm
INSTRUCTOR: Dulce
REGISTER HERE →
- **Afternoon Meditation**
12:45pm-1:05pm
INSTRUCTOR: Andrea
REGISTER HERE →
- **"Take It Back Tuesday" Dance Fitness**
5:15pm-6:00pm
INSTRUCTOR: Julia
REGISTER HERE →
- **Evening Meditation**
6:00pm-6:20pm
INSTRUCTOR: Kristin
REGISTER HERE →
- **Pilates**
6:30pm-7:15pm
INSTRUCTOR: Tara
REGISTER HERE →
- **Evening Yoga**
7:15pm-8:00pm
INSTRUCTOR: Carmen
REGISTER HERE →

WEDNESDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Toning & Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Michelle
REGISTER HERE →
- **Afternoon Meditation**
12:45pm-1:05pm
INSTRUCTOR: Kristin
REGISTER HERE →
- **Zumba**
1:15pm-2:00pm
INSTRUCTOR: Dulce
REGISTER HERE →
- **Chair Yoga**
5:00pm-5:30pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **Soca**
6:00pm-6:45pm
INSTRUCTOR: Amina
REGISTER HERE →
- **Evening Meditation**
6:45pm-7:05pm
INSTRUCTOR: Shalyni
REGISTER HERE →
- **HIIT**
7:15pm-8:00pm
INSTRUCTOR: Melissa
REGISTER HERE →

THURSDAY

- **Morning Meditation**
6:30am-6:50am
INSTRUCTOR: Janine
REGISTER HERE →
- **Bootcamp**
7:00am-7:45am
INSTRUCTOR: Amina
REGISTER HERE →
- **PIYO**
12:00pm-12:45pm
INSTRUCTOR: Michelle
REGISTER HERE →
- **Self-Massage**
1:15pm-2:00pm
INSTRUCTOR: Andrea
REGISTER HERE →
- **Dance Cardio**
6:00pm-6:45pm
INSTRUCTOR: Julia
REGISTER HERE →
- **Kickboxing**
7:15pm-8:00pm
INSTRUCTOR: Victor
REGISTER HERE →

FRIDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Toning & Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Michelle
REGISTER HERE →
- **Afternoon Meditation**
12:45pm-1:05pm
INSTRUCTOR: Evy
REGISTER HERE →

KEY:

- Move More
- Be Well

Classes begin on July 6. Classes will not be held on Labor Day (September 6th).

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.

- **YOGA**

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

- **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.

- **HIIT**

HIIT stands for "high intensity interval training". A workout that features short periods of intense cardio activity followed by periods of rest.

- **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.

- **"TAKE IT BACK TUESDAY" DANCE FITNESS**

Aerobic routines featuring combinations of dance moves set to music from the 90s and 2000s.

- **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.