<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| • Vinyasa Yoga  
  10:30am-11:15am  
  INSTRUCTOR: Carmen  
  REGISTER HERE → | • Yoga  
  6:30am-7:15am  
  INSTRUCTOR: Katrin  
  REGISTER HERE → | • Pilates  
  6:30am-7:15am  
  INSTRUCTOR: Katrin  
  REGISTER HERE → | • Yoga  
  6:30am-7:15am  
  INSTRUCTOR: Katrin  
  REGISTER HERE → | • Zumba  
  6:30am-7:15am  
  INSTRUCTOR: Dulce  
  REGISTER HERE → | • Yoga  
  6:30am-7:15am  
  INSTRUCTOR: Katrin  
  REGISTER HERE → |
| • Chair Yoga  
  12:00pm-12:20pm  
  INSTRUCTOR: Michelle  
  REGISTER HERE → | • Chair Yoga  
  12:00pm-12:20pm  
  INSTRUCTOR: Michelle  
  REGISTER HERE → | • Afternoon Meditation  
  12:00pm-12:20pm  
  INSTRUCTOR: Shalyni  
  REGISTER HERE → | • Toning & Conditioning  
  12:00pm-12:30pm  
  INSTRUCTOR: Michelle  
  REGISTER HERE → | • Afternoon Meditation  
  1:00pm-1:20pm  
  INSTRUCTOR: Evy  
  REGISTER HERE → | • Yoga  
  6:30am-7:15am  
  INSTRUCTOR: Katrin  
  REGISTER HERE → |
| • Zumba  
  6:00pm-6:45pm  
  INSTRUCTOR: Ilana  
  REGISTER HERE → | • Zumba  
  6:00pm-6:45pm  
  INSTRUCTOR: Ilana  
  REGISTER HERE → | • "Take It Back Tuesday" Dance Fitness  
  5:15pm-6:00pm  
  INSTRUCTOR: Julia  
  REGISTER HERE → | • Afternoon Meditation  
  1:00pm-1:20pm  
  INSTRUCTOR: Kristin  
  REGISTER HERE → | • Afternoon Meditation  
  1:00pm-1:20pm  
  INSTRUCTOR: Julia  
  REGISTER HERE → | • Yoga  
  6:30am-7:15am  
  INSTRUCTOR: Katrin  
  REGISTER HERE → |
| • Evening Meditation  
  6:45pm-7:05pm  
  INSTRUCTOR: Shalyni  
  REGISTER HERE → | • Vinyasa Yoga  
  10:30am-11:15am  
  INSTRUCTOR: Carmen  
  REGISTER HERE → | • Qi Gong  
  6:30pm-6:50pm  
  INSTRUCTOR: Tasha  
  REGISTER HERE → | • Afternoon Yoga  
  6:00pm-7:15pm  
  INSTRUCTOR: Carmen  
  REGISTER HERE → | • Dance Cardio  
  6:00pm-6:45pm  
  INSTRUCTOR: Amina  
  REGISTER HERE → | • Yoga  
  6:30am-7:15am  
  INSTRUCTOR: Katrin  
  REGISTER HERE → |
| • Boxing  
  7:15pm-8:00pm  
  INSTRUCTOR: Rachael  
  REGISTER HERE → | | • Pilates  
  6:45pm-7:30pm  
  INSTRUCTOR: Tara  
  REGISTER HERE → | • Soca  
  6:00pm-6:45pm  
  INSTRUCTOR: Amina  
  REGISTER HERE → | • Evening Yoga  
  7:15pm-8:00pm  
  INSTRUCTOR: Victor  
  REGISTER HERE → | • Yoga  
  6:30am-7:15am  
  INSTRUCTOR: Katrin  
  REGISTER HERE → |
| | | | • HIIT  
  7:15pm-8:00pm  
  INSTRUCTOR: Melissa  
  REGISTER HERE → | • Kickboxing  
  7:15pm-8:00pm  
  INSTRUCTOR: Victor  
  REGISTER HERE → | • Yoga  
  6:30am-7:15am  
  INSTRUCTOR: Katrin  
  REGISTER HERE → |

KEY:  
- Move More  
- Be Well

Classes begin on October 4th. Classes will not be held on 11/25, 11/26, 12/24, 12/31.

Zoom password: workwell

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

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

Chair Yoga

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

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

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.

Pilates

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

“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.