### April - June Digital Calendar

- **SUNDAY**
  - **Vinyasa Yoga**
    - 10:30am-11:15am
    - INSTRUCTOR: Carmen
    - REGISTER HERE
  
- **MONDAY**
  - **Stretch and Flexibility (Yoga)**
    - 6:30am-7:15am
    - INSTRUCTOR: Katrin
    - REGISTER HERE
  - **Chair Yoga**
    - 12:00pm-12:20pm
    - INSTRUCTOR: Michelle
    - 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**
  - **Afternoon Meditation**
    - 12:00pm-12:20pm
    - INSTRUCTOR: Shalyni
    - REGISTER HERE
  - **"Take It Back Tuesday" Dance Fitness**
    - 5:15pm-6:00pm
    - INSTRUCTOR: Julia
    - REGISTER HERE
  - **Pilates**
    - 6:15pm-7:00pm
    - INSTRUCTOR: Tara
    - REGISTER HERE
  - **Qi Gong**
    - 6:30pm-6:50pm
    - INSTRUCTOR: Tasha
    - REGISTER HERE

- **WEDNESDAY**
  - **Toning & Conditioning**
    - 12:00pm-12:30pm
    - INSTRUCTOR: Michelle
    - REGISTER HERE
  - **Afternoon Meditation**
    - 1:00pm-1:20pm
    - INSTRUCTOR: Kristin
    - REGISTER HERE
  - **Soca**
    - 6:00pm-6:45pm
    - INSTRUCTOR: Amina
    - REGISTER HERE
  - **HIIT**
    - 7:15pm-8:00pm
    - INSTRUCTOR: Melissa
    - REGISTER HERE

- **THURSDAY**
  - **Afternoon Meditation**
    - 12:00pm-12:20pm
    - INSTRUCTOR: Michelle
    - REGISTER HERE
  - **DESKercise**
    - 12:00pm-12:25pm
    - INSTRUCTOR: Melissa
    - REGISTER HERE
  - **Dance Cardio**
    - 6:00pm-6:45pm
    - INSTRUCTOR: Julia
    - REGISTER HERE
  - **Evening Yoga**
    - 6:30pm-7:15pm
    - INSTRUCTOR: Carmen
    - REGISTER HERE

- **FRIDAY**
  - **Stretch and Flexibility (Yoga)**
    - 6:30am-7:15am
    - INSTRUCTOR: Katrin
    - REGISTER HERE

### KEY:
- **Move More**
- **Be Well**

*Classes begin on April 4th. Classes will not be held on 04/17 and 05/30.*

*Zoom password: workwell*

Visit [on.nyc.gov/upcomingevents](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.

- **QI GONG**
  Qi gong is a traditional Chinese practice that focuses on cultivating the flow of one's qi, or energy. This is done through a series of low impact movements combined with the flow of one's breath to achieve a meditative state.

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

- **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.

- **DESKERCISE**
  A combination of seated cardio movements, as well as body strength movements, to help tone and sculpt your body.

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

- **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.