



DIGITAL FITNESS

● LIVE

April - June
CALENDAR



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Vinyasa Yoga ●●●●
6:15am - 7:00am
INSTRUCTOR: HEGULKA
[REGISTER HERE](#) →

Deskercise ●
1:00pm - 1:45pm
INSTRUCTOR: IVETTE
[REGISTER HERE](#) →

Zumba ●
6:00pm - 6:45pm
INSTRUCTOR: KAY KAY
[REGISTER HERE](#) →

Tabata ●●●
12:00pm - 12:45pm
INSTRUCTOR: DENISE
[REGISTER HERE](#) →

Dance & Tone ●●●
6:30pm - 7:15pm
INSTRUCTOR: AMINA
[REGISTER HERE](#) →

Meditation
12:00pm - 12:30pm
INSTRUCTOR: SHALYNI
[REGISTER HERE](#) →

Total Body ●●●●●
8:00pm - 8:45 pm
INSTRUCTOR: DENISE
[REGISTER HERE](#) →

Stretch & Flex ●●●●
6:15am - 7:00am
INSTRUCTOR: SANDY
[REGISTER HERE](#) →

Dance Wukkout Soca ●
1:00pm - 1:45pm
INSTRUCTOR: TYRONE
[REGISTER HERE](#) →

Pilates ●●●●
7:00pm - 7:45pm
INSTRUCTOR: TARA
[REGISTER HERE](#) →

Body Weight ●●●●
12:00pm - 12:45pm
INSTRUCTOR: SANDY
[REGISTER HERE](#) →

Chair Yoga ●●●
1:00pm - 1:45pm
INSTRUCTOR: SHALYNI
[REGISTER HERE](#) →

KEY: ● CARDIO ● STRENGTH ● BALANCE ● FLEXIBILITY

Balanced Workout Routine

Did you know? According to the CDC, adults need **150 minutes** of moderate-intensity physical activity or **75 minutes** a week of vigorous-intensity activity and **2 days** of muscle strengthening activity **per week**.



Cardio

Improves your endurance and stamina as well as the health of your heart, lungs, and circulatory system.



Strength

Makes everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries.



Balance

Helps prevent injuries and falls, a common problem in older adults that can have serious consequences.



Flexibility

Routinely stretching the muscles increases your range of motion and reduces pain and the risk for injury.

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Classes start Monday, 4/1 and end Friday, 6/28.

Zoom password: workwell

No classes on the following dates due to holidays:

Memorial Day, 5/27

Juneteenth Day, 6/19

CLASS DESCRIPTIONS

KEY:

- CARDIO
- BALANCE
- STRENGTH
- FLEXIBILITY



TABATA ●●●●

Tabata a style of high-intensity interval training (HIIT) that involves 20 seconds of exercise at your maximum effort, followed by 10 seconds of rest, for a certain number of rounds.

DANCE & TONE ●●●●

Dance & Tone is designed to build definition, shape and strength in the muscles.

VINYASA YOGA ●●●●

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

DESKERCISE ●●●●

Deskercise strengthens the muscles in the neck, shoulders and back. These exercises will improve your posture and ease tension in your hamstrings, and stiff joints

ZUMBA ●●●●

Zumba is dance routines incorporating combinations of fast and slow rhythms to improve cardiovascular health.

MEDIATION ●●●●

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.

TOTAL BODY ●●●●

Total Body is a workout routine that aims to hit all the major muscle groups in one single session.

STRETCH & FLEX ●●●●

Stretch and Flexibility is a class that focuses on lengthening the body while increasing range of motion. The exercises target everyday movements to keep the body in great functional shape.

DANCE WUKKOUT SOCA ●●●●

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

PILATES ●●●●

Pilates is a low-impact exercise designed to improve core strength, postural alignment, and flexibility.

BODY WEIGHT ●●●●

Bodyweight workout is using a person's own bodyweight to create resistance and improve strength, flexibility, and endurance, as well as coordination.

CHAIR YOGA ●●●●

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

Looking for more? Check out our most most-loved classes available on-demand.

Fitness Classes



Guided Meditation



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