



# WorkWell DIGITAL

## April-June CALENDAR



### MONDAY

- **Yoga**  
7:00am-7:45am  
INSTRUCTOR: Katrin  
REGISTER HERE →
- **Toning & Conditioning**  
12:00pm-12:45pm  
INSTRUCTOR: Michelle  
REGISTER HERE →
- **Lunchtime Meditation**  
12:45pm-1:15pm  
INSTRUCTOR: Shalyni  
REGISTER HERE →
- **Soca**  
1:15pm-2:00pm  
INSTRUCTOR: Amina  
REGISTER HERE →
- **Chair Yoga**  
5:00pm-5:30pm  
INSTRUCTOR: Lillian  
REGISTER HERE →
- **Zumba**  
6:00pm-6:45pm  
INSTRUCTOR: Ilana  
REGISTER HERE →
- **Yoga**  
7:00pm-7:45pm  
INSTRUCTOR: Carmen  
REGISTER HERE →

### TUESDAY

- **Yoga & Meditation**  
7:00am-7:45am  
INSTRUCTOR: Sojourner  
REGISTER HERE →
- **Pilates**  
8:00am-8:45am  
INSTRUCTOR: Katrin  
REGISTER HERE →
- **Lunchtime Yoga**  
11:00am-11:45am  
INSTRUCTOR: Amanda  
REGISTER HERE →
- **Lunchtime Meditation**  
12:45pm-1:15pm  
INSTRUCTOR: Shalyni  
REGISTER HERE →
- **Low Impact Cardio**  
12:00pm-12:45pm  
INSTRUCTOR: Dulce  
REGISTER HERE →
- **Tabata**  
1:15pm-2:00pm  
INSTRUCTOR: Roshi  
REGISTER HERE →
- **90's Dance Fitness**  
5:15pm-6:00pm  
INSTRUCTOR: Julia  
REGISTER HERE →
- **Pilates**  
6:30pm-7:15pm  
INSTRUCTOR: Tara  
REGISTER HERE →

### WEDNESDAY

- **Yoga**  
7:00am-7:45am  
INSTRUCTOR: Katrin  
REGISTER HERE →
- **Morning Meditation**  
7:45am-8:15am  
INSTRUCTOR: Kristin  
REGISTER HERE →
- **Toning & Conditioning**  
12:00pm-12:45pm  
INSTRUCTOR: Michelle  
REGISTER HERE →
- **Lunchtime Meditation**  
12:45pm-1:15pm  
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: TBD  
REGISTER HERE →

### THURSDAY

- **Yoga & Meditation**  
7:00am-7:45am  
INSTRUCTOR: Sojourner  
REGISTER HERE →
- **Yoga**  
8:00am-8:45am  
INSTRUCTOR: Amanda  
REGISTER HERE →
- **PIYO**  
12:00pm-12:45pm  
INSTRUCTOR: Michelle  
REGISTER HERE →
- **Lunchtime Meditation**  
12:45pm-1:15pm  
INSTRUCTOR: Evy  
REGISTER HERE →
- **Bootcamp**  
1:15pm-2:00pm  
INSTRUCTOR: Amina  
REGISTER HERE →
- **Evening Meditation**  
5:30pm-6:00pm  
INSTRUCTOR: Kristin  
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 →
- **Lunchtime Meditation**  
12:45pm-1:15pm  
INSTRUCTOR: Evy  
REGISTER HERE →
- **Boxing**  
1:15pm-2:00pm  
INSTRUCTOR: Rachael  
REGISTER HERE →
- **Wind Down for the Weekend**  
5:00pm-5:45pm  
INSTRUCTOR: Lillian  
REGISTER HERE →

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

- Move More **Zoom password: workwell**
- Be Well

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

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- **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.