<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Yoga** 7:00am-7:45am  
INSTRUCTOR: Katrin  
REGISTER HERE → | **Yoga & Meditation** 7:00am-7:45am  
INSTRUCTOR: Sojourner  
REGISTER HERE → | **Yoga** 7:00am-7:45am  
INSTRUCTOR: Sojourner  
REGISTER HERE → | **Yoga & Meditation** 7:00am-7:45am  
INSTRUCTOR: Katrin  
REGISTER HERE → | **Yoga** 7:00am-7:45am  
INSTRUCTOR: Katrin  
REGISTER HERE → |
| **Toning & Conditioning** 12:00pm-12:45pm  
INSTRUCTOR: Tarsha  
REGISTER HERE → | **Pilates** 8:00am-8:45am  
INSTRUCTOR: Katrin  
REGISTER HERE → | **Morning Meditation** 7:45am-8:15am  
INSTRUCTOR: Katrin  
REGISTER HERE → | **Zumba** 12:00pm-12:45pm  
INSTRUCTOR: Dulce  
REGISTER HERE → | **Toning & Conditioning** 12:00pm-12:45pm  
INSTRUCTOR: Tarsha  
REGISTER HERE → |
| **Lunchtime Meditation** 12:45pm-1:15pm  
INSTRUCTOR: Shalyni  
REGISTER HERE → | **Low Impact Cardio** 12:00pm-12:45pm  
INSTRUCTOR: Dulce  
REGISTER HERE → | **Toning & Conditioning** 12:00pm-12:45pm  
INSTRUCTOR: Tarsha  
REGISTER HERE → | **Lunchtime Meditation** 12:45pm-1:15pm  
INSTRUCTOR: Dulce  
REGISTER HERE → | **Lunchtime Meditation** 12:45pm-1:15pm  
INSTRUCTOR: Tarsha  
REGISTER HERE → |
| **Soca** 1:15pm-2:00pm  
INSTRUCTOR: Amina  
REGISTER HERE → | **Lunchtime Meditation** 12:45pm-1:15pm  
INSTRUCTOR: Shalyni  
REGISTER HERE → | **Lunchtime Yoga** 12:00pm-12:45pm  
INSTRUCTOR: Shalyni  
REGISTER HERE → | **Lunchtime Yoga** 12:00pm-12:45pm  
INSTRUCTOR: Shalyni  
REGISTER HERE → | **Bootcamp** 1:15pm-2:00pm  
INSTRUCTOR: Amina  
REGISTER HERE → |
| **Chair Yoga** 5:00pm-5:30pm  
INSTRUCTOR: Lillian  
REGISTER HERE → | **Abs + Glutes** 1:15pm-2:00pm  
INSTRUCTOR: Tarsha  
REGISTER HERE → | **Morning Meditation** 7:45am-8:15am  
INSTRUCTOR: Katrin  
REGISTER HERE → | **Self-Massage** 5:00pm-5:45pm  
INSTRUCTOR: Rachael  
REGISTER HERE → | **Boxing for Beginners** 1:15pm-2:00pm  
INSTRUCTOR: Amina  
REGISTER HERE → |
| **90's Dance Fitness** 6:00pm-6:45pm  
INSTRUCTOR: Ariana  
REGISTER HERE → | **Evening Meditation** 5:30pm-6:00pm  
INSTRUCTOR: Kristin  
REGISTER HERE → | **Evening Meditation** 5:30pm-6:00pm  
INSTRUCTOR: Kristin  
REGISTER HERE → | **Dance Cardio** 6:00pm-6:45pm  
INSTRUCTOR: Julia  
REGISTER HERE → | **Wind Down for the Weekend** 5:00pm-5:45pm  
INSTRUCTOR: Lillian  
REGISTER HERE → |
| **Pilates** 6:30pm-7:15pm  
INSTRUCTOR: Tara  
REGISTER HERE → | **Pilates** 6:30pm-7:15pm  
INSTRUCTOR: Tara  
REGISTER HERE → | **Zumba** 1:15pm-2:00pm  
INSTRUCTOR: Dulce  
REGISTER HERE → | **Zumba** 1:15pm-2:00pm  
INSTRUCTOR: Dulce  
REGISTER HERE → | **Kickboxing** 7:15pm-8:00pm  
INSTRUCTOR: Victor  
REGISTER HERE → |
| **Chair Yoga** 5:00pm-5:30pm  
INSTRUCTOR: Lillian  
REGISTER HERE → | **Chair Yoga** 5:00pm-5:30pm  
INSTRUCTOR: Lillian  
REGISTER HERE → | **Chakra Meditations** 1:15pm-2:00pm  
INSTRUCTOR: Katrin  
REGISTER HERE → | **Boxing for Beginners** 1:15pm-2:00pm  
INSTRUCTOR: Amina  
REGISTER HERE → |

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

*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.

- **MAT YOGA + MEDITATION**
  Combines the practice of yoga with guided meditation for a full mind-body experience. Move the body with poses that build strength and flexibility and focus the mind with a meditation practice.

- **MEDITATION**
  Utilizing breathwork and awareness-building, participants learn how to use meditation as part of their mindfulness practice to release stress and tension and find feelings of emotional calm.

- **SELF-MASSAGE**
  Participants learn self-massage techniques to relieve stress, relax sore muscles, and improve blood flow.

- **WIND DOWN FOR THE WEEKEND**
  A chair yoga class ending with a short meditation practice to help you decompress and transition into the weekend.

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

- **ABS + GLUTES**
  A muscle-building workout with exercises targeted to engage your abs and glutes together for improved core and low-back strength.

- **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.

- **BOXING FOR BEGINNERS**
  A combat-inspired exercise incorporating a routine of different punches to help build endurance and upper-body strength. This class is meant for beginners new to boxing, or experienced boxers looking for more practice.

- **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.

- **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.