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KEY:
- Move More
- Be Well

Classes begin on July 6. Classes will not be held on Labor Day (September 6th).

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.

● 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.

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

● 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.

● HIIT
HIIT stands for "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.

● 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.

● "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.