<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>Vinyasa Yoga 10:30am-11:15am</td>
<td>Stretch and Flexibility (Yoga) 6:30am-7:15am</td>
<td>Afternoon Meditation 12:00pm-12:20pm</td>
<td>Toning &amp; Conditioning 12:00pm-12:30pm</td>
<td>Afternoon Meditation 12:00pm-12:20pm</td>
<td>Stretch and Flexibility (Yoga) 6:30am-7:15am</td>
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<tr>
<td>Instructor: Carmen</td>
<td>Instructor: Katrin</td>
<td>Instructor: Shalyni</td>
<td>Instructor: Michelle</td>
<td>Instructor: Kristin</td>
<td>Instructor: Katrin</td>
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<tr>
<td>Chair Yoga 12:00pm-12:20pm</td>
<td>Chair Yoga 12:00pm-12:20pm</td>
<td>&quot;Take It Back Tuesday&quot; Dance Fitness 5:15pm-6:00pm</td>
<td>Afternoon Meditation 1:00pm-1:20pm</td>
<td>DESKercise 12:00pm-12:25pm</td>
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<tr>
<td>Instructor: Michelle</td>
<td>Register Here</td>
<td>Instructor: Julia</td>
<td>Instructor: Kristin</td>
<td>Instructor: Melissa</td>
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<tr>
<td>Zumba 6:00pm-6:45pm</td>
<td>Zumba 6:00pm-6:45pm</td>
<td>Pilates 6:15pm-7:00pm</td>
<td>Soca 6:00pm-6:45pm</td>
<td>Dance Cardio 6:00pm-6:45pm</td>
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<tr>
<td>Instructor: Ilana</td>
<td>Register Here</td>
<td>Instructor: Tara</td>
<td>Instructor: Amina</td>
<td>Instructor: Julia</td>
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<tr>
<td>Evening Meditation 6:45pm-7:05pm</td>
<td>Evening Meditation 6:45pm-7:05pm</td>
<td>Qi Gong 6:30pm-6:50pm</td>
<td>HIIT 7:15pm-8:00pm</td>
<td>Evening Yoga 6:30pm-7:15pm</td>
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<tr>
<td>Instructor: Shalyni</td>
<td>Register Here</td>
<td>Instructor: Tasha</td>
<td>Instructor: Melissa</td>
<td>Instructor: Carmen</td>
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**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](http://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.