<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| Vinyasa Yoga 10:30am-11:15am  
INSTRUCTOR: Carmen  
REGISTER HERE → | Yoga 6:30am-7:15am  
INSTRUCTOR: Katrin  
REGISTER HERE → | Pilates 6:30am-7:15am  
INSTRUCTOR: Katrin  
REGISTER HERE → | Yoga 6:30am-7:15am  
INSTRUCTOR: Katrin  
REGISTER HERE → | Zumba 6:30am-7:15am  
INSTRUCTOR: Dulce  
REGISTER HERE → | Yoga 6:30am-7:15am  
INSTRUCTOR: Katrin  
REGISTER HERE → |
| Chair Yoga 12:00pm-12:20pm  
INSTRUCTOR: Michelle  
REGISTER HERE → | Coffee Flow 12:00pm-12:20pm  
INSTRUCTOR: Michelle  
REGISTER HERE → | Afternoon Meditation 12:00pm-12:20pm  
INSTRUCTOR: Shalyni  
REGISTER HERE → | Toning & Conditioning 12:00pm-12:20pm  
INSTRUCTOR: Michelle  
REGISTER HERE → | Afternoon Meditation 12:00pm-12:20pm  
INSTRUCTOR: Kristin  
REGISTER HERE → | Afternoon Meditation 1:00pm-1:20pm  
INSTRUCTOR: Evy  
REGISTER HERE → |
| Zumba 6:00pm-6:45pm  
INSTRUCTOR: Ilana  
REGISTER HERE → | Salsa to the Beat 6:00pm-6:45pm  
INSTRUCTOR: Ilana  
REGISTER HERE → | "Take It Back Tuesday" Dance Fitness 5:15pm-6:00pm  
INSTRUCTOR: Julia  
REGISTER HERE → | Afternoon Meditation 1:00pm-1:20pm  
INSTRUCTOR: Kristin  
REGISTER HERE → | Dance Cardio 6:00pm-6:45pm  
INSTRUCTOR: Julia  
REGISTER HERE → | Dance Cardio 7:15pm-8:00pm  
INSTRUCTOR: Carmen  
REGISTER HERE → |
| Evening Meditation 6:45pm-7:05pm  
INSTRUCTOR: Shalyni  
REGISTER HERE → | Qi Gong 6:45pm-7:30pm  
INSTRUCTOR: Tasha  
REGISTER HERE → | "Take It Back Tuesday" Dance Fitness 5:15pm-6:00pm  
INSTRUCTOR: Julia  
REGISTER HERE → | Soca 6:00pm-6:45pm  
INSTRUCTOR: Amina  
REGISTER HERE → | Afternoon Yoga 6:30pm-7:15pm  
INSTRUCTOR: Carmen  
REGISTER HERE → | Kickboxing 7:15pm-8:00pm  
INSTRUCTOR: Victor  
REGISTER HERE → |
| Boxing 7:15pm-8:00pm  
INSTRUCTOR: Rachael  
REGISTER HERE → | Afternoon Meditation 12:00pm-12:20pm  
INSTRUCTOR: Shalyni  
REGISTER HERE → | Qi Gong 6:45pm-7:30pm  
INSTRUCTOR: Tasha  
REGISTER HERE → | HIIT 7:15pm-8:00pm  
INSTRUCTOR: Melissa  
REGISTER HERE → | Afternoon Yoga 6:30pm-7:15pm  
INSTRUCTOR: Carmen  
REGISTER HERE → | Yoga 6:30am-7:15am  
INSTRUCTOR: Dulce  
REGISTER HERE → |

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

Classes begin on October 4th. Classes will not be held on 11/25, 11/26, 12/24, 12/31.

*Visit on.nyc.gov/upcomingevents for more information about upcoming classes and programs.*
Yoga
Yoga is a mind-body practice that links movement to breath with poses that promote strength and flexibility.

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.

Qigong
Qigong 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.

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.

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.