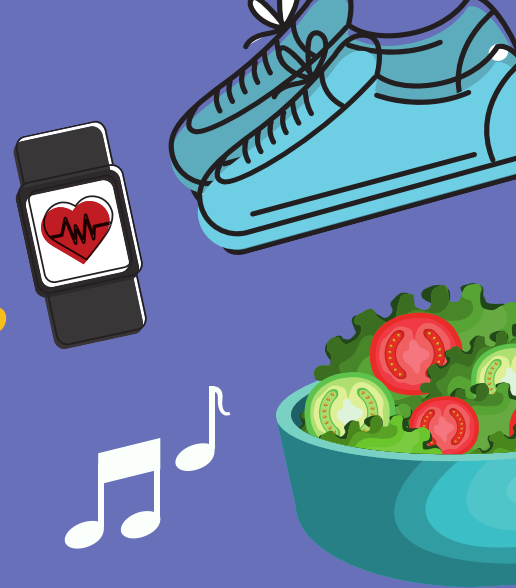




WorkWell DIGITAL

October & November

CALENDAR



MONDAY

● **Intermediate Yoga**

7:00am-7:45am

INSTRUCTOR: Katrin

REGISTER HERE →

● **Toning & Conditioning**

12:00pm-12:45pm

INSTRUCTOR: Tarsha

REGISTER HERE →

● **Lunchtime Meditation**

1:00pm-1:20pm

INSTRUCTOR: Shalyni

REGISTER HERE →

● **Chair Yoga**

5:15pm-5:45pm

INSTRUCTOR: Lillian

REGISTER HERE →

● **Soca**

6:00pm-6:45pm

INSTRUCTOR: Ari

REGISTER HERE →

TUESDAY

● **Yoga & Meditation**

7:00am-7:45am

INSTRUCTOR: Sojourner

REGISTER HERE →

● **Soca Fitness**

12:00pm-12:45pm

INSTRUCTOR: Amina

REGISTER HERE →

● **Lunchtime Meditation**

1:00pm-1:20pm

INSTRUCTOR: Shalyni

REGISTER HERE →

● **Compassion Meditation**

5:30pm-5:50pm

INSTRUCTOR: Kristin

REGISTER HERE →

● **Pilates**

6:30pm-7:15pm

INSTRUCTOR: Tara

REGISTER HERE →

WEDNESDAY

● **Intermediate Yoga**

7:00am-7:45am

INSTRUCTOR: Katrin

REGISTER HERE →

● **Mindfulness Practice**

7:30am-7:50am

INSTRUCTOR: Kristin

REGISTER HERE →

● **Bootcamp**

12:00pm-12:45pm

INSTRUCTOR: Amina

REGISTER HERE →

● **Lunchtime Meditation**

1:00pm-1:20pm

INSTRUCTOR: Kristin

REGISTER HERE →

● **Chair Yoga**

5:15pm-5:45pm

INSTRUCTOR: Lillian

REGISTER HERE →

● **Zumba**

6:00pm-6:45pm

INSTRUCTOR: Dulce

REGISTER HERE →

THURSDAY

● **Yoga & Meditation**

7:00am-7:45am

INSTRUCTOR: Sojourner

REGISTER HERE →

● **Lunchtime Yoga**

12:00pm - 12:45pm

INSTRUCTOR: Shalyni

REGISTER HERE →

● **Zumba**

12:30pm-1:15pm

INSTRUCTOR: Dulce

REGISTER HERE →

● **Lunchtime Meditation**

1:00pm-1:20pm

INSTRUCTOR: Evy

REGISTER HERE →

● **Self-Massage**

5:00pm-5:45pm

INSTRUCTOR: Sojourner

REGISTER HERE →

● **Dance Cardio**

6:00pm-6:45pm

INSTRUCTOR: Julia

REGISTER HERE →

FRIDAY

● **Pilates**

7:00am-7:45am

INSTRUCTOR: Denise

REGISTER HERE →

● **Toning & Conditioning**

12:00pm-12:45pm

INSTRUCTOR: Tarsha

REGISTER HERE →

● **Boxing**

1:15pm-2:00pm

INSTRUCTOR: Rachael

REGISTER HERE →

● **Mat Yoga & Meditation**

5:15pm-5:45pm

INSTRUCTOR: Lillian

REGISTER HERE →

*Classes will run from October 5th - November 25th. Classes will not be held on November 26th, 27th, and 30th.

**Zoom password: workwell

KEY:

● Move More

● Be Well

LEARN MORE:



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nyc.gov/workwellnyc



workwell@olr.nyc.gov

Visit on.nyc.gov/upcomingevents for more information about upcoming classes and programs.

