



WorkWell DIGITAL

July - September
CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● Vinyasa Yoga 10:30am-11:15am INSTRUCTOR: Carmen REGISTER HERE → ● Zumba* - new class time! 6:00pm-6:45pm INSTRUCTOR: Rita REGISTER HERE → 	<ul style="list-style-type: none"> ● Stretch and Flexibility (Yoga) 6:30am-7:15am INSTRUCTOR: Katrin REGISTER HERE → ● Chair Yoga 12:00pm-12:20pm INSTRUCTOR: Michelle REGISTER HERE → ● Zumba 6:00pm-6:45pm INSTRUCTOR: Ilana REGISTER HERE → ● Evening Yoga 6:30pm-7:15pm INSTRUCTOR: Carmen REGISTER HERE → 	<ul style="list-style-type: none"> ● Afternoon Meditation 12:00pm-12:20pm INSTRUCTOR: Shalyni REGISTER HERE → ● "Take It Back Tuesday" Dance Fitness 5:15pm-6:00pm INSTRUCTOR: Julia REGISTER HERE → ● Pilates 6:15pm-7:00pm INSTRUCTOR: Tara REGISTER HERE → ● Qi Gong 6:30pm-6:50pm INSTRUCTOR: Tasha REGISTER HERE → 	<ul style="list-style-type: none"> ● Stretch and Flexibility (Yoga) 6:30am-7:15am INSTRUCTOR: Katrin REGISTER HERE → ● Toning & Conditioning 12:00pm-12:30pm INSTRUCTOR: Michelle REGISTER HERE → ● Afternoon Meditation 1:00pm-1:20pm INSTRUCTOR: Kristin REGISTER HERE → ● Soca 6:00pm-6:45pm INSTRUCTOR: Amina REGISTER HERE → ● HIIT 7:15pm-8:00pm INSTRUCTOR: Melissa REGISTER HERE → 	<ul style="list-style-type: none"> ● Afternoon Meditation 12:00pm-12:20pm INSTRUCTOR: Kristin REGISTER HERE → ● DESKercise 12:00pm-12:25pm INSTRUCTOR: Melissa REGISTER HERE → ● Dance Cardio 6:00pm-6:45pm INSTRUCTOR: Julia REGISTER HERE → ● Evening Meditation* - new instructor! 6:45pm-7:05pm INSTRUCTOR: Atieh REGISTER HERE → ● Boxing 7:15pm-8:00pm INSTRUCTOR: Joshua REGISTER HERE → 	<ul style="list-style-type: none"> ● Stretch and Flexibility (Yoga) 6:30am-7:15am INSTRUCTOR: Katrin REGISTER HERE →

KEY:

- Move More
- Be Well

Classes begin on July 5th. Classes will not be held on 07/03, 07/04, 09/04, and 09/05.

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.

● 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.

● STRETCH AND FLEXIBILITY (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.