<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
</table>
| ![Vinyasa Yoga](#) 10:30am-11:15am  
INSTRUCTOR: Carmen  
REGISTER HERE → | ![Chair Yoga](#) 12:00pm-12:20pm  
INSTRUCTOR: Michelle  
REGISTER HERE → | ![Afternoon Meditation](#) 12:00pm-12:20pm  
INSTRUCTOR: Shalyni  
REGISTER HERE → | ![Stretch and Flexibility (Yoga)](#) 6:30am-7:15am  
INSTRUCTOR: Katrin  
REGISTER HERE → | ![DESKercise](#) 12:00pm-12:25pm  
INSTRUCTOR: Melissa  
REGISTER HERE → |
| ![Zumba](#) 6:00pm-6:45pm  
INSTRUCTOR: Rita  
REGISTER HERE → | ![Pilates](#) 6:15pm-7:00pm  
INSTRUCTOR: Tara  
REGISTER HERE → | !["Take It Back Tuesday" Dance Fitness](#) 5:15pm-6:00pm  
INSTRUCTOR: Julia  
REGISTER HERE → | ![Toning & Conditioning](#) 12:00pm-12:30pm  
INSTRUCTOR: Michelle  
REGISTER HERE → | ![Dance Cardio](#) 6:00pm-6:45pm  
INSTRUCTOR: Julia  
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| **Classes start Sunday, 10/2 and end Thursday, 12/29.**  
_Zoom password: workwell_  
No classes due to holidays on the following dates:  
Columbus Day, 10/9 and 10/10  
Election Day, 11/8  
Veterans' Day, 11/11 and 11/13  
Thanksgiving Day, 11/24 and 11/27  
Christmas Day, 12/25 and 12/26  
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.

- **DANCE CARDIO**
  Aerobic activity featuring combinations of dance moves set to music. Have fun while building strength and endurance.

- **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.