



DIGITAL FITNESS

● LIVE

April-June

CALENDAR



SUNDAY

Vinyasa Yoga

10:30am-11:15am

INSTRUCTOR: Azure*

*New instructor!

REGISTER HERE →

MONDAY

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 →

TUESDAY

"Take It Back Tuesday" Dance Fitness

5:15pm-6:00pm

INSTRUCTOR: Julia

REGISTER HERE →

Pilates

6:15pm-7:00pm

INSTRUCTOR: Tara

REGISTER HERE →

WEDNESDAY

Stretch and Flexibility (Yoga)*

*Back by popular demand!

6:30am-7:15am

INSTRUCTOR: Katrin

REGISTER HERE →

Toning & Conditioning

12:00pm-12:30pm

INSTRUCTOR: Michelle

REGISTER HERE →

Soca Fitness

6:30pm-7:15pm*

*New class time!

INSTRUCTOR: Amina

REGISTER HERE →

THURSDAY

Dance Cardio

6:00pm-6:45pm

INSTRUCTOR: Julia

REGISTER HERE →

Global Dance Fusion Party

*New class!

7:00pm-7:45pm

INSTRUCTOR: Various

REGISTER HERE →

Classes start Sunday, 4/2 and end Thursday, 6/29.

Zoom password: workwell

No classes on the following dates due to holidays:

Memorial Day, 5/28 and 5/29

Juneteenth Day, 6/18 and 6/19

Looking for more? Check out our most most-loved classes available on-demand.

Fitness Classes



Guided Meditation



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

GLOBAL DANCE FUSION PARTY

Taught by a rotating list of instructors, each class will feature dance fitness routines mixed with dance hits around the world. This fun and upbeat class will get you moving and help you forget you're having a workout!