



DIGITAL FITNESS *October - December*

● LIVE

CALENDAR



MONDAY

Chair Yoga

12:00pm-12:30pm

INSTRUCTOR: Michelle

[REGISTER HERE](#) →

Zumba

6:00pm-6:45pm

INSTRUCTOR: Ilana

[REGISTER HERE](#) →

TUESDAY

Pilates

6:15pm-7:00pm

INSTRUCTOR: Tara

[REGISTER HERE](#) →

WEDNESDAY

Stretch & Flex

6:30am-7:15am

INSTRUCTOR: Katrin

[REGISTER HERE](#) →

Hip Hop Dance

6:00pm-6:45pm

INSTRUCTOR: Shamsun

[REGISTER HERE](#) →

THURSDAY

Dance Cardio

6:00pm-6:45pm

INSTRUCTOR: Julia

[REGISTER HERE](#) →

Classes start Monday, 10/2 and end Thursday, 12/21.

Zoom password: workwell

Please note Chair Yoga, Pilates, Stretch & Flex, and Hip Hop Dance classes have a new meeting link. You will need to register for each of those classes in order to join.

No classes on the following dates due to holidays:

Columbus Day, 10/9

Election Day, 11/7

Veteran's Day, 11/10

Thanksgiving Day, 11/23

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

Chair yoga is a gentle form of yoga practiced seated on a chair or standing on the ground, using a chair for support.

ZUMBA

Zumba is 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.

PILATES

Pilates is a low-impact exercise designed to improve core strength, postural alignment, and flexibility.

STRETCH & FLEXIBILITY

Stretch and Flexibility is a class that focuses on lengthening the body while increasing range of motion. The exercises target everyday movements to keep the body in great functional shape. It is also helpful for relieving stress and tension that may occur in the body while working in an office setting or everyday living.

HIP HOP

Hip hop class combines street styles of dance with fitness as you move and groove to popular hip hop hits from the 1970's to now. No previous dance experience required!

DANCE CARDIO

Dance cardio targets aerobic movements featuring combinations of dance moves set to music. Have fun while building strength and endurance.