



WorkWell DIGITAL

January-March CALENDAR



MONDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Toning & Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Tarsha
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Shalyni
REGISTER HERE →
- **Soca**
1:15pm-2:00pm
INSTRUCTOR: Amina
REGISTER HERE →
- **Chair Yoga**
5:00pm-5:30pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **90's Dance Fitness**
6:00pm-6:45pm
INSTRUCTOR: Ariana
REGISTER HERE →

TUESDAY

- **Yoga & Meditation**
7:00am-7:45am
INSTRUCTOR: Sojourner
REGISTER HERE →
- **Pilates**
8:00am-8:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Low Impact Cardio**
12:00pm-12:45pm
INSTRUCTOR: Dulce
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Shalyni
REGISTER HERE →
- **Abs + Glutes**
1:15pm-2:00pm
INSTRUCTOR: Tarsha
REGISTER HERE →
- **Evening Meditation**
5:30pm-6:00pm
INSTRUCTOR: Kristin
REGISTER HERE →
- **Pilates**
6:30pm-7:15pm
INSTRUCTOR: Tara
REGISTER HERE →

WEDNESDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Morning Meditation**
7:45am-8:15am
INSTRUCTOR: Kristin
REGISTER HERE →
- **Toning & Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Tarsha
REGISTER HERE →
- **Lunchtime Yoga**
12:00pm-12:45pm
INSTRUCTOR: Shalyni
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Kristin
REGISTER HERE →
- **Zumba**
1:15pm-2:00pm
INSTRUCTOR: Dulce
REGISTER HERE →
- **Chair Yoga**
5:00pm-5:30pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **Soca**
6:00pm-6:45pm
INSTRUCTOR: Ariana
REGISTER HERE →

THURSDAY

- **Yoga & Meditation**
7:00am-7:45am
INSTRUCTOR: Sojourner
REGISTER HERE →
- **Zumba**
12:00pm-12:45pm
INSTRUCTOR: Dulce
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Evy
REGISTER HERE →
- **Bootcamp**
1:15pm-2:00pm
INSTRUCTOR: Amina
REGISTER HERE →
- **Self-Massage**
5:00pm-5:45pm
INSTRUCTOR: Sojourner
REGISTER HERE →
- **Dance Cardio**
6:00pm-6:45pm
INSTRUCTOR: Julia
REGISTER HERE →
- **Kickboxing**
7:15pm-8:00pm
INSTRUCTOR: Victor
REGISTER HERE →

FRIDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Toning & Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Tarsha
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Evy (Jan & Mar)
Kristin (Feb)
REGISTER HERE →
- **Boxing for Beginners**
1:15pm-2:00pm
INSTRUCTOR: Rachael
REGISTER HERE →
- **Wind Down for the Weekend**
5:00pm-5:45pm
INSTRUCTOR: Lillian
REGISTER HERE →

KEY:

- Move More
- Be Well

*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.

● MAT YOGA + MEDITATION

Combines the practice of yoga with guided meditation for a full mind-body experience. Move the body with poses that build strength and flexibility and focus the mind with a meditation practice.

● MEDITATION

Utilizing breathwork and awareness-building, participants learn how to use meditation as part of their mindfulness practice to release stress and tension and find feelings of emotional calm.

● SELF-MASSAGE

Participants learn self-massage techniques to relieve stress, relax sore muscles, and improve blood flow.

● WIND DOWN FOR THE WEEKEND

A chair yoga class ending with a short meditation practice to help you decompress and transition into the weekend.

● YOGA

Yoga is a mind-body practice that links movement to breath with poses that promote strength and flexibility.

● ABS + GLUTES

A muscle-building workout with exercises targeted to engage your abs and glutes together for improved core and low-back strength.

● BOOTCAMP

Interval training mixing calisthenics and body-weight exercises for building strength and cardio. Classes focus on different muscle groups for a full-body workout.

● BOXING

A combat-inspired exercise incorporating a routine of different punches to help build endurance and upper-body strength.

● BOXING FOR BEGINNERS

A combat-inspired exercise incorporating a routine of different punches to help build endurance and upper-body strength. This class is meant for beginners new to boxing, or experienced boxers looking for more practice.

● DANCE CARDIO

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

● 90'S DANCE FITNESS

Aerobic routines featuring combinations of dance moves set to 90's music.

● KICKBOXING

A standing combat sport based on kicking and punching for total body fitness.

● LOW IMPACT CARDIO

An aerobic-based workout designed to limit impact on the joints.

● PILATES

A low-impact exercise designed to improve core strength, postural alignment, and flexibility.

● 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.