

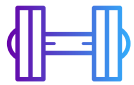
# FIND YOUR FIT

## Calendar Challenge

Try this one-week challenge to workout in a variety of ways and find out what time of day and what form of fitness you most enjoy. If you have fun while you exercise, you're more likely to stick to it!

**MONDAY**

*LUNCHBREAK*



**TONING +  
CONDITIONING**

12:00PM-12:45PM

**TUESDAY**

**PILATES**

8:00AM-8:45AM



*WAKE UP,  
WORK OUT!*

**WEDNESDAY**

*STRETCH IT OUT...*



**CHAIR YOGA**

5:00PM-5:45PM

**THURSDAY**

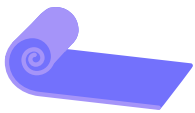
*GET GROOVIN'  
& MOVIN'*



**SOCA FITNESS**

6:00PM-6:45PM

**FRIDAY**



**YOGA +  
MEDITATION**

5:00PM-5:45PM

*WIND IT DOWN...*

**SATURDAY**

*FIT W/ THE FAM!*



**FAMILY  
FITNESS**

1:00PM-1:45PM

**SUNDAY**

*RELAX,  
REFRESH,  
RESET!*



**REST DAY**

Register for  
classes here

 [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov)

 [nyc.gov/workwellnyc](https://nyc.gov/workwellnyc)

 [@workwellnyc](https://www.instagram.com/workwellnyc)

**MOVE  
MORE** 

  
Bill de Blasio, Mayor  
Healthy Workforce. Healthy City.

# MIND & BODY

## Calendar Challenge

Did you know physical activity can improve your mental health and well being? Try out this one-week challenge to practice mindful movement so you can boost both your mood and your wellness.

**MONDAY**

**Rise + Shine!**



**YOGA**

7:00AM-7:30AM

**TUESDAY**

**PILATES**

8:00AM-8:45AM



**Strong body  
Strong mind**

**WEDNESDAY**

**CHAIR YOGA**

5:00PM-5:45PM



**Stretch it out...**

**THURSDAY**

**Positive  
Power**



**POWER YOGA**

2:00PM-2:45PM

**FRIDAY**



**YOGA +  
MEDITATION**

5:00PM-5:45PM

**Wind it down...**

**SATURDAY**

**Stop & Smell  
the Roses**

**MINDFUL WALK**



30 MIN

**SUNDAY**

**Relax,  
Refresh,  
Reset!**



**REST DAY**

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# MIND & BODY

## Calendar Challenge

Dance fitness is a fun way to workout that gets both your blood and mood pumping. Try this one-week dance inspired fitness challenge for a cardio boost and a good time!

MONDAY

Work it!

**90'S DANCE  
FITNESS**

6:30PM-7:15PM



TUESDAY

Get Groovin'  
& Movin'



**SOCA FITNESS**

6:00PM-6:45PM

WEDNESDAY

**ZUMBA**

1:30PM-2:15PM



**Si Se Puede**

THURSDAY

Double Dance Party

**ZUMBA**

12:30PM-1:15PM

&

**SOCA FITNESS**

6:00PM-6:45PM

FRIDAY



**ZUMBA**

1:15PM-1:45PM

**Friday Feels...**

SATURDAY

Fit w/ the fam!



**FAMILY DANCE OFF**

AFTER DINNER

SUNDAY

**MAKE A PUMP UP  
PLAYLIST FOR NEXT  
WEEKS WORKOUTS**



**Relax & Remix**

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classes here

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MORE** 

  
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