Balanced Workout Routine

Did you know? According to the CDC, adults need **150 minutes** of moderate-intensity physical activity or **75 minutes** a week of vigorous-intensity activity and **2 days** of muscle strengthening activity per week.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>Dance Cardio</strong></td>
<td><strong>Pilates</strong></td>
<td><strong>Body Weight</strong></td>
<td><strong>Tabata</strong></td>
<td><strong>Meditation</strong></td>
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<tr>
<td>6:30 pm - 7:15 pm</td>
<td>7:15 pm - 8:00 pm</td>
<td>8:00 pm - 8:45 pm</td>
<td>7:00 pm - 7:45 pm</td>
<td>12:00 pm - 12:30 pm</td>
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<tr>
<td>INSTRUCTOR: JULIA</td>
<td>INSTRUCTOR: JENNIFER</td>
<td>INSTRUCTOR: DENISE</td>
<td>INSTRUCTOR: IVETTE</td>
<td>INSTRUCTOR: SHALYNI</td>
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**KEY:** 🏃️ Cardio | 🏋️ Strength | 🎨 Balance | 💫 Flexibility

**Cardio**
Improves your endurance and stamina as well as the health of your heart, lungs, and circulatory system.

**Strength**
Makes everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries.

**Balance**
Helps prevent injuries and falls, a common problem in older adults that can have serious consequences.

**Flexibility**
Routine stretching the muscles increases your range of motion and reduces pain and the risk for injury.
Classes start Monday, 7/8 and end Friday, 9/27.

Zoom password: workwell

No classes on the following dates due to holidays:
Independence Day, 7/4
Labor Day, 9/2

**CLASS DESCRIPTIONS**

**KEY:**
- **CARDIO**
- **BALANCE**
- **STRENGTH**
- **FLEXIBILITY**

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

**Deskercise**
Deskercise strengthens the muscles in the neck, shoulders and back. These exercises will improve your posture and ease tension in your hamstrings, and stiff joints.

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

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

**Body Weight**
Bodyweight workout is using a person’s own bodyweight to create resistance and improve strength, flexibility, and endurance, as well as coordination.

**Tabata**
Tabata a style of high-intensity interval training (HIIT) that involves 20 seconds of exercise at your maximum effort, followed by 10 seconds of rest, for a certain number of rounds.

**Mediation**
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.

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

**Fitness Classes**

**Register for Classes Here**

Visit [on.nyc.gov/upcomingevents](on.nyc.gov/upcomingevents) for more information about upcoming programs.