



# DIGITAL FITNESS

● LIVE

## January - March

### CALENDAR



#### SUNDAY

● **Vinyasa Yoga**  
 10:30am-11:15am  
 INSTRUCTOR: Carmen  
 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

● **Toning & Conditioning**  
 12:00pm-12:30pm  
 INSTRUCTOR: Michelle  
 REGISTER HERE →

● **Soca Fitness**  
 6:00pm-6:45pm  
 INSTRUCTOR: Amina  
 REGISTER HERE →

#### THURSDAY

● **Dance Cardio**  
 6:00pm-6:45pm  
 INSTRUCTOR: Julia  
 REGISTER HERE →

#### KEY:

- Move More
- Be Well

**Classes start Tuesday, 1/3 and end Thursday, 3/30.**

***Zoom password: workwell***

**No classes on the following dates due to holidays:**

New Year's Day, 1/1 and 1/2

Martin Luther King Jr. Day, 1/15 and 1/16

Presidents' Day, 2/19 and 2/20

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

### [Fitness Classes](#)



### [Guided Meditation](#)



Visit [on.nyc.gov/upcomingevents](https://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.

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- **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.