



DIGITAL FITNESS

● LIVE

April - June
CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Pilates ●●●</p> <p>9:00 AM - 9:45 AM INSTRUCTOR: ARIELLE</p> <p>Calisthenics ●●●●●</p> <p>10:00 AM - 10:45 AM INSTRUCTOR: DANNY</p>	<p>Dance Cardio ●</p> <p>6:30 AM - 7:15 AM INSTRUCTOR: JULIA</p> <p>Deskercise ●</p> <p>1:00 PM - 1:45 PM INSTRUCTOR: IVETTE</p> <p>Stretching ●●</p> <p>7:00 PM - 7:45 PM INSTRUCTOR: ALICIA</p>	<p>Hatha Yoga ●●●</p> <p>7:00 AM - 7:45 AM INSTRUCTOR: MARIA</p> <p>Dance & Tone ●●●</p> <p>12:00 PM - 12:45 PM INSTRUCTOR: JULIA</p> <p>Chair Workout ●●●</p> <p>6:30 PM - 7:15 PM INSTRUCTOR: SURAIYA</p>	<p>Zumba ●</p> <p>6:00 AM - 6:45 AM INSTRUCTOR: SHAMSUN</p> <p>Meditation</p> <p>12:30 PM - 1:15 PM INSTRUCTOR: DOROTHY</p> <p>Kickboxing ●●●●</p> <p>8:00 PM - 8:45 PM INSTRUCTOR: SANTANA</p>	<p>Vinyasa Yoga ●●●●●</p> <p>6:30 AM - 7:15 AM INSTRUCTOR: CHRISTINE</p> <p>Total Body ●●●●●</p> <p>1:00 PM - 1:45 PM INSTRUCTOR: JULIA</p> <p>Stretch & Recovery ●●●●●</p> <p>6:15 PM - 7:00 PM INSTRUCTOR: JULIA</p>	<p>HIIT ●●●</p> <p>6:15 AM - 7:00 PM INSTRUCTOR: NINA</p> <p>Chair Yoga ●●●</p> <p>12:45 PM - 1:15 PM INSTRUCTOR: DOROTHY</p> <p>Pilates ●●●●</p> <p>7:00 PM - 7:45 PM INSTRUCTOR: KATHLEEN</p>	<p>Chair Barre ●●●●</p> <p>8:00 AM - 8:45 AM INSTRUCTOR: MADELINE</p> <p>Dance Fitness ●</p> <p>9:00 AM - 9:45 AM INSTRUCTOR: ILANA</p>

Click each class name to register.



KEY: ● CARDIO ● STRENGTH ● BALANCE ● FLEXIBILITY



Classes start Monday, 3/31 and end Sunday, 6/29.

Zoom password: *workwell*



KEY:

- CARDIO
- BALANCE
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- FLEXIBILITY

CLASS DESCRIPTIONS

PILATES

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

CAUSTHETICS

Causthetics is a form of exercise that uses your body weight for resistance rather than relying on external weights or equipment. It includes a movements and exercises such as push-ups, pull-ups, squats, lunges, and planks, among others.

DANCE CARDIO

Dance cardio targets aerobic movements featuring combinations of dance moves set to music. You will build strength and endurance.

DESKEROISE

Deskeroise strengthens the muscles in the neck, shoulders and back to improve your posture & ease tension in your hamstrings.

STRETCHING

Stretching improves your flexibility, mobility, and this class will have flexibility instructions with descriptive voice cues.

HATHA YOGA

Hatha Yoga is focused on gentle movements and poses to help create long muscles and loosen you up. Focuses on breathing, meditation, and postures.

DANCE & TONE

Dance & Tone is aerobic activity featuring combinations of dance moves set to music. Have fun while building strength and endurance.

TONING & CONDITIONING

Exercises designed to build definition, shape and strength in the muscles.

CHAIR WORKOUT

These exercises enhance flexibility and range of motion, leading to better posture and a reduced risk of pressure sores

ZUMBA

Zumba is dance routines incorporating combinations of fast and slow rhythms to improve cardiovascular health.

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.

KICKBOXING

Kickboxing combines martial arts techniques with cardio conditioning, is a great way to improve your strength, flexibility, and endurance.

VINYASA YOGA

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

TOTAL BODY

Total Body is a workout routine that aims to hit all the major muscle groups in one single session.

STRETCH & RECOVERY

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.

HIT

HIT alternates between high-intensity and low-intensity intervals. It can help build muscle and boost your metabolism

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.

CHAIR BARRE

Chair barre takes inspiration from ballet, it will use your balance and strength. It is an easy way to boost your own balance.

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

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[On-Demand Classes Here](#)



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