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<th>Monday</th>
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<td>Toning &amp; Conditioning</td>
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**KEY:** ○ CARDIO ○ STRENGTH ○ BALANCE ○ FLEXIBILITY

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**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.**

**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**
Routinely stretching the muscles increases your range of motion and reduces pain and the risk for injury.
Classes start Monday, 4/1 and end Friday, 6/28.

Zoom password: workwell

No classes on the following dates due to holidays:
Memorial Day, 5/27
Juneteenth Day, 6/19

**CLASS DESCRIPTIONS**

**TABATA**
Tabata is 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.

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

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

**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.

**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.

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

**STRETCH & FLEX**
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.

**DANCE WUKKOUT SOCA**
A Caribbean Carnival-style dance workout for the whole body, to build stamina and strength.

**PILATES**
Pilates is 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.

**BODY WEIGHT**
Bodyweight workout is using a person's own bodyweight to create resistance and improve strength, flexibility, and endurance, as well as coordination.

**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.

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

**Fitness Classes**

**Register for Classes Here**

*Visit on.nyc.gov/upcomingevents for more information about upcoming programs.*