



Resources to Energize Your Fitness Routine

- [WorkWell NYC On-Demand Fitness Classes](#): Watch our on-demand fitness classes to get moving, wherever you are.
- [Live Fitness Classes](#): Join us on Zoom every weekday for live fitness classes, including yoga, bootcamp, dancing and more.
- [Fitness Discounts](#): Check out local gyms and studios providing discounted offerings to City employees.
- [Ergonomics Videos](#): Learn how to sit properly at your desk and organize your workstation for optimum wellness.
- [NYC Parks Recreation Centers](#): Discover NYC Recreation Centers with a range of fitness programs for people of all ages.
- [Shape Up NYC](#): Find free group fitness programs across the five boroughs.

Fitness Guides and Tip Sheets

- [Chair Exercises](#)
- [Ways to Move More Throughout the Day](#)
- [Ways to Get Active Anywhere](#)
- [Forming a New Movement Routine](#)
- [Spell Your Agency Name Workout](#)
- [Make NYC Your Gym](#)