**Classes start Wednesday, 7/5 and end Thursday, 9/28.**

*Zoom password: workwell*

Please note each class has a new meeting link. You will need to register for each class you would like to attend.

No classes on the following dates due to holidays:
- Independence Day, 7/2, 7/3 & 7/4
- Labor Day, 9/3 & 9/4

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

**Fitness Classes**

1. **Vinyasa Yoga**
   10:30am-11:15am
   INSTRUCTOR: Azure
   [REGISTER HERE](#)

2. **Stretch and Flexibility**
   6:30am-7:15am
   INSTRUCTOR: Katrin
   [REGISTER HERE](#)

3. **Zumba**
   6:00pm-6:45pm
   INSTRUCTOR: Ilana
   [REGISTER HERE](#)

4. **"Take It Back Tuesday" Dance Fitness**
   5:15pm-6:00pm
   INSTRUCTOR: Julia
   [REGISTER HERE](#)

5. **Toning & Conditioning**
   12:00pm-12:30pm
   INSTRUCTOR: Michelle
   [REGISTER HERE](#)

6. **Dance Cardio**
   6:00pm-6:45pm
   INSTRUCTOR: Julia
   [REGISTER HERE](#)

**Guided Meditation**

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

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

STRETCH & FLEXIBILITY
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. It is also helpful for relieving stress and tension that may occur in the body while working in an office setting or everyday living.

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.

“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.

DANCE CARDIO
Aerobic activity featuring combinations of dance moves set to music. Have fun while building strength and endurance.