

● LIVE

# Digital Fitness Calendar

## October - December



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Pilates</u> ●●●● 9 AM with Arielle		<u>Balance &amp; Stability</u> ●●●● 6:15 AM with Tarsha		<u>Vinyasa Yoga</u> ●●●● 6:15 AM with Kim		<u>Toning</u> ●●●● 8 AM with Sage
<u>Calisthenics</u> ●●●● 10 AM with Joel						<u>Aerobics</u> ● 9 AM with Samsun
	<u>Desk Stretching.</u> ●● 12 PM with Star	<u>Meditation</u> 1 PM with Kimberly	<u>Zumba</u> ● 12 PM with Sage	<u>Chair Workout</u> ●●●●● 1 PM with Roxy	<u>HIIT</u> ●●●●● 12 PM with Amanda	
	<u>Dance Cardio</u> ●● 6:30 PM with Julia	<u>Total Body</u> ●●●● 7 PM with Dee	<u>Core Restore</u> ●●●● 8 PM with Amanda	<u>Kickboxing.</u> ●●●●● 7 PM with Santana	<u>Mobility &amp; Stretching.</u> ●● 6:30 PM with Alicia	

### KEY:

- CARDIO
- STRENGTH
- BALANCE
- FLEXIBILITY

Click each class name to register.  
Zoom password: workwell  
All classes are 45 minutes long

# Class descriptions



## 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, & 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 & reduces the risk for injury.

Classes start Monday, 9/29 and end Sunday, 12/28.

**No classes on the following holidays: 10/13, 11/4, 11/11, 11/27, 12/25**

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

[On-Demand Classes:](https://on.nyc.gov/fitnessvideos)  
[on.nyc.gov/fitnessvideos](https://on.nyc.gov/fitnessvideos)



[Register for Classes:](https://on.nyc.gov/dfclinks)  
[on.nyc.gov/dfclinks](https://on.nyc.gov/dfclinks)



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

MOVE  
MORE

WorkWell  
nyc