



# WorkWell DIGITAL

## October - December CALENDAR



### SUNDAY

● **Vinyasa Yoga**  
10:30am-11:15am  
INSTRUCTOR: Carmen  
REGISTER HERE →

● **Yoga**  
6:30am-7:15am  
INSTRUCTOR: Katrin  
REGISTER HERE →

● **Chair Yoga**  
12:00pm-12:20pm  
INSTRUCTOR: Michelle  
REGISTER HERE →

● **Zumba**  
6:00pm-6:45pm  
INSTRUCTOR: Ilana  
REGISTER HERE →

● **Evening Meditation**  
6:45pm-7:05pm  
INSTRUCTOR: Shalyni  
REGISTER HERE →

● **Boxing**  
7:15pm-8:00pm  
INSTRUCTOR: Rachael  
REGISTER HERE →

### MONDAY

### TUESDAY

● **Pilates**  
6:30am-7:15am  
INSTRUCTOR: Katrin  
REGISTER HERE →

● **Afternoon Meditation**  
12:00pm-12:20pm  
INSTRUCTOR: Shalyni  
REGISTER HERE →

● **"Take It Back Tuesday" Dance Fitness**  
5:15pm-6:00pm  
INSTRUCTOR: Julia  
REGISTER HERE →

● **Qi Gong**  
6:30pm-6:50pm  
INSTRUCTOR: Tasha  
REGISTER HERE →

● **Pilates**  
6:45pm-7:30pm  
INSTRUCTOR: Tara  
REGISTER HERE →

### WEDNESDAY

● **Yoga**  
6:30am-7:15am  
INSTRUCTOR: Katrin  
REGISTER HERE →

● **Toning & Conditioning**  
12:00pm-12:30pm  
INSTRUCTOR: Michelle  
REGISTER HERE →

● **Afternoon Meditation**  
1:00pm-1:20pm  
INSTRUCTOR: Kristin  
REGISTER HERE →

● **Soca**  
6:00pm-6:45pm  
INSTRUCTOR: Amina  
REGISTER HERE →

● **HIIT**  
7:15pm-8:00pm  
INSTRUCTOR: Melissa  
REGISTER HERE →

### THURSDAY

● **Zumba**  
6:30am-7:15am  
INSTRUCTOR: Dulce  
REGISTER HERE →

● **Afternoon Meditation**  
12:00pm-12:20pm  
INSTRUCTOR: Kristin  
REGISTER HERE →

● **Dance Cardio**  
6:00pm-6:45pm  
INSTRUCTOR: Julia  
REGISTER HERE →

● **Evening Yoga**  
6:30pm-7:15pm  
INSTRUCTOR: Carmen  
REGISTER HERE →

● **Kickboxing**  
7:15pm-8:00pm  
INSTRUCTOR: Victor  
REGISTER HERE →

### FRIDAY

● **Yoga**  
6:30am-7:15am  
INSTRUCTOR: Katrin  
REGISTER HERE →

● **Afternoon Meditation**  
1:00pm-1:20pm  
INSTRUCTOR: Evy  
REGISTER HERE →

KEY: Classes begin on October 4th. Classes will not be held on 11/25, 11/26, 12/24, 12/31.

- Move More
- Be Well

Zoom password: **workwell**

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





# CLASS DESCRIPTIONS

## ● CHAIR YOGA

A gentle form of yoga practiced seated on a chair or standing on the ground using a chair for support.

## ● 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.

## ● QI GONG

Qi gong is a traditional Chinese practice that focuses on cultivating the flow of one's qi, or energy. This is done through a series of low impact movements combined with the flow of one's breath to achieve a meditative state.

## ● YOGA

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

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## ● BOXING

A combat-inspired exercise incorporating a routine of different punches to help build endurance and upper-body strength.

## ● DANCE CARDIO

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

## ● HIIT

HIIT stands for "high intensity interval training". A workout that features short periods of intense cardio activity followed by periods of rest.

## ● KICKBOXING

A standing combat sport based on kicking and punching for total body fitness.

## ● PILATES

A low-impact exercise designed to improve core strength, postural alignment, and flexibility.

## ● "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.

## ● SOCA FITNESS

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

## ● 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.