



WorkWell DIGITAL



May CALENDAR

MONDAY

- **Yoga**
7:00am-7:30am
INSTRUCTOR: Mary Lou
REGISTER HERE →
- **Meditation for Intentions & Goal Setting**
8:00am-8:20am
INSTRUCTOR: Dini
REGISTER HERE →
- **Toning/Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Tarsha
REGISTER HERE →
- **Self-Massage for Chronic Pain**
12:30pm-12:50pm
INSTRUCTOR: Sojourner
REGISTER HERE →
- **Chair Yoga**
5:00pm-5:45pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **90s Fitness Dance**
6:30pm-7:15pm
INSTRUCTOR: Ariana
REGISTER HERE →

TUESDAY

- **Pilates**
8:00am-8:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Meditation for Meaningful Connection**
12:00pm-12:20pm
INSTRUCTOR: Jennifer
REGISTER HERE →
- **Zumba**
12:30pm-1:15pm
INSTRUCTOR: Dulce
REGISTER HERE →
- **Power Yoga**
2:00pm-2:45pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **Meditation Basics**
6:00pm-6:20pm
INSTRUCTOR: Kristin
REGISTER HERE →
- **Soca Fitness**
6:00pm-6:45pm
INSTRUCTOR: Ariana
REGISTER HERE →

WEDNESDAY

- **Yoga**
7:00am-7:30am
INSTRUCTOR: Mary Lou
REGISTER HERE →
- **Mindfulness Practice**
7:30am-7:50am
INSTRUCTOR: Kristin
REGISTER HERE →
- **Toning/Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Tarsha
REGISTER HERE →
- **Mindfulness Meditation**
1:00pm-1:20pm
INSTRUCTOR: Jennifer
REGISTER HERE →
- **Chair Yoga**
5:00pm-5:45pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **90s Fitness Dance**
6:30pm-7:15pm
INSTRUCTOR: Ariana
REGISTER HERE →

THURSDAY

- **Pilates**
8:00am-8:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Zumba**
12:30pm-1:15pm
INSTRUCTOR: Dulce
REGISTER HERE →
- **Meditation Techniques**
1:30pm-1:50pm
INSTRUCTOR: Evy
REGISTER HERE →
- **Power Yoga**
2:00pm-2:45pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **Compassion Meditation**
6:00pm-6:20pm
INSTRUCTOR: Kristin
REGISTER HERE →
- **Soca Fitness**
6:00pm-6:45pm
INSTRUCTOR: Ariana
REGISTER HERE →

FRIDAY

- **Yoga**
7:00am-7:30am
INSTRUCTOR: Mary Lou
REGISTER HERE →
- **Toning/Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Tarsha
REGISTER HERE →
- **Self-Massage for Stress Reduction**
12:30pm-12:50pm
INSTRUCTOR: Jennifer
REGISTER HERE →
- **Wind Down for the Weekend: Mat Yoga + Meditation**
5:00pm-5:45pm
INSTRUCTOR: Lillian
REGISTER HERE →

SATURDAY

- **Family Friendly Fitness**
1:00pm-1:45pm
INSTRUCTOR: Tarsha
REGISTER HERE →

KEY:

- Move More
- Be Well

LEARN MORE:

 @workwellnyc
  nyc.gov/workwellnyc
 workwell@olr.nyc.gov

Visit on.nyc.gov/wellnessanywhere for more information about upcoming classes and programs.