

# Join Us!

## VNSNY CHOICE Virtual Exercise Series!

4 days a week starting in November!



Click [HERE](#) to join the class or follow the instructions below.

- 1) Go to [www.Zoom.com](http://www.Zoom.com)
- 2) Click on **“Join a Meeting”**
- 3) Enter the following:  
Meeting ID: 772 662 3351

### OR download the Zoom app:

- 1) Open the App Store or Google Play Store
- 2) Search for and download the Zoom app
- 3) Click **“Open”** and **“Join a Meeting”**
- 4) Enter the following:  
Meeting ID: 772 662 3351



You are invited to a live exercise class from the comfort of your home! Join using a PC, Mac, iPad, iPhone or Android device.

### Monday

**CLASS:** Zumba Gold  
**TIME:** 10 am – 11 am

### Tuesday

**CLASS:** Chair Exercise  
**TIME:** 10 am – 11 am

### Thursday

**CLASS:** Chair Yoga  
**TIME:** 10 am – 11 am

### Friday

**CLASS:** Tai Chi  
**TIME:** 10 am – 11 am

For questions, call  
9 am - 5 pm, Monday - Friday

#### **Manhattan/Queens:**

Ashley Carrillo, 917-886-5660

#### **Bronx/Westchester:**

Christy Harvey, 347-443-6723

#### **Queens/Long Island:**

Michael Leysath, 646-477-5152

#### **Brooklyn/Staten Island:**

Xiomara Guzman, 347-439-3916

#### **Upstate NY:**

Veronica Lestage, 917-647-5354