



CHOICESM
Health Plans



Join Us!

VNSNY CHOICE Virtual Exercise Series!

You are invited to live exercise classes in Cantonese from the comfort of your home!

Join using a PC, Mac, iPad, iPhone or Android device.



Join with Zoom!

- 1) Go to 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

- | | |
|---------------|---|
| EVENT: | Zumba Gold |
| DATE: | Tuesday, December 8 |
| TIME: | 2:30 pm - 3:30 pm |
| EVENT: | Chair Yoga |
| DATE: | Tuesday, December 15 |
| TIME: | 2:30 pm - 3:30 pm |
| EVENT: | LaBlast Ballroom
Dance Fitness |
| DATE: | Tuesday, December 22 |
| TIME: | 2:30 pm - 3:30 pm |
| EVENT: | Cardio Dance Fitness |
| DATE: | Tuesday, December 29 |
| TIME: | 2:30 pm - 3:30 pm |

HOW TO PARTICIPATE: Click [HERE](#) to join the class via Zoom or see instructions on left to access the class

For questions, please call:

212-619-3072

9 am - 5 pm, 7 days a week

To learn about more virtual classes and workshops from VNSNY CHOICE, visit: vnsnychoice.org/attend-events