



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.



- EVENT:** Zumba Gold
- DATE:** Tuesday, January 5
- TIME:** 2:30 pm - 3:30 pm

- EVENT:** Zumba Gold in Chair
- DATE:** Tuesday, January 12
- TIME:** 2:30 pm - 3:30 pm

- EVENT:** Chair Yoga
- DATE:** Tuesday, January 19
- TIME:** 2:30 pm - 3:30 pm

- EVENT:** Tai Chi
- DATE:** Tuesday, January 26
- 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

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

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