



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!

All classes are held on Tuesdays from 2:30 pm - 3:30 pm.

SEPTEMBER

- 09/07 Zumba Gold in Chair
- 09/14 Chair Exercise
- 09/21 Chair Yoga
- 09/28 Chair Exercise

OCTOBER

- 10/05 Zumba Gold in Chair
- 10/12 Chair Exercise
- 10/19 Chair Yoga
- 10/26 Chair Exercise

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

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:
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