



CHOICESM
Health Plans



Join Us!

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.

1st Tuesday

CLASS: Zumba Gold on Chair

2nd Tuesday

CLASS: Chair Exercise

3rd Tuesday

CLASS: Chair Yoga

4th Tuesday

CLASS: Chair Exercise

5th Tuesday

CLASS: Chair Yoga

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:
Meeting ID: 772 662 3351