

Join Us!

VNSNY CHOICE Virtual Exercise Series!



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



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

- 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

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

Queens/Long Island:
Michael Leysath, 646-477-5152

Brooklyn:
Dahyana Astudillo, 646-981-7437

Upstate NY:
Veronica Gray, 917-647-5354