

Spring Exercise Classes (Free, via Zoom)

Alternate Name:

Category: [Exercise and Wellness](#)

Organization:

Description: Sign up for free Zoom exercise classes starting in March 2022. We offer 5 different evidence-based exercise classes backed by research evidence that indicates participation can improve strength, balance, and fitness. Please feel free to sign up even if a class you're interested in has already begun. To see the class schedule, course descriptions, and to register, please click on the link: <https://forms.office.com/r/9TTWTUnTjx>. Alternatively, email andy.rapoport@cje.net or call 773-508-1055. Classes include: 1. Healthy Moves for strength and balance (low or high impact). 30 min 1x/week for 8 weeks (offered 3 different days, low & high impact). 2. Otago for strength and balance (offered specifically for the LGBTQ community and people living with HIV). 30 min 1x/week for 8 weeks. 3. Stay Active and Independent for Life (SAIL). 30 min 4x/week for 12 weeks. 4. Bingocize®, a bingo-like game with exercise and health education. 60 min 2x/week for 10 weeks (3 time options). 5. Tai Chi for arthritis. 60 min 1x/week (beginner & intermediate/advanced options).

Phone: (773) 508-1055

Extension:

Url: <https://forms.office.com/r/9TTWTUnTjx>

Email: andy.rapoport@cje.net

Additional Info

Application Process:

Wait Time:

Fees:

Accreditations:

Licenses:

Address:

Details

Mutual Aid NYC