

Join us for a virtual meet-up!

SelectHealth Exercise Series Every Tuesday and Thursday @ 1 pm

You're invited to live exercise classes on Tuesday and Thursday afternoons from the comfort of your home. Classes will be held via **Zoom**.

TUESDAY

CLASS: Let's Kick It Kickboxing

THURSDAY

CLASS: Hip Hop 'Til You Drop

HOW TO PARTICIPATE:

- 1) Go to www.Zoom.com
 - 2) Click on "Join Meeting"
 - 3) Enter the following:
Meeting ID: **772 662 3351**
- Or join by phone
Dial (US) **+1 929-436-2866**

For more information, please visit:
SelectHealthNY.org/events



Select
HEALTH
VNSNY CHOICE

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