

LOISAIDA OPEN STREETS COMMUNITY COALITION AND 14Y FITNESS PRESENTS:

GET SUMMER STARTED

– A SERIES OF IN-PERSON OUTDOOR FITNESS CLASSES –

Avenue B between East 13th and East 14th Streets

ALL FITNESS LEVELS WELCOME!

ZUMBA with Celeste

Sundays | May 2, 9, 16, 23, 30 | 1:00 – 1:45 PM

Zumba combines Latin and international music with dance moves and interval training to improve cardiovascular fitness.

CARDIO-STRENGTH COMBO WORKOUT with Elizabeth

Wednesday, May 5 | 6:30 – 7:15 PM

Put a twist of fitness in your Cinco De Mayo! This class will combine simple strength exercises with simple cardio moves. No equipment necessary. Just come and have fun!

RESILIENT STRENGTH with Shana

Wednesday, May 12 | 6:30 – 7:15 PM

20 minutes of low impact aerobics followed by 20 minutes of muscle toning calisthenics to improve strength and stamina.

ZUMBA with Denise

Wednesday, May 19 | 6:30 – 7:15 PM

A lower intensity version of the popular Zumba Dance Fitness program that uses easy to follow choreography based mostly on Latin Rhythms.

AFRO CARDIO JAM with Johari

Wednesday, May 26 | 6:30 – 7:15 PM

Come dance, connect and move on a soulful dance journey to the rhythms of African drums. No previous dance experience necessary.

For more information and to register in advance, please visit 14StreetY.org/SummerFitness

HEALTH AND SAFETY GUIDELINES FOR OUTDOOR FITNESS CLASSES

The health and safety of our Downtown Manhattan community remains our top priority. In accordance with CDC guidelines and the community safety standards, all staff and participants will be asked to observe the following rules:

- Maintain social distancing
- Masks are required for adults and children 3+
- Water bottles will need to be filled before coming to class and cannot be shared between participants
- Signed waiver required to participate
- At the direction of 14Y staff, participants may be asked to temporarily move to allow cars to pass at a reduced speed

About the 14th Street Y

The 14th Street Y is a vibrant community center located in Downtown Manhattan. Through a wide range of programs, the 14Y is committed to developing the whole person, strengthening family connections, and building inclusive and sustainable communities.

About the Loisaida Open Streets Community Coalition

The Loisaida Open Streets Community Coalition (LOSCC) is a volunteer group bringing socially distanced recreation, fitness, performances and cultural events to Ave B. LOSCC was granted official stewardship of the Open Street by the Department of Transportation (DOT) in June 2020.

About GOLES

GOLES (Good Old Lower East Side) is a neighborhood housing and preservation organization serving the Lower East Side of Manhattan since 1977. GOLES is dedicated to tenants' rights, homelessness prevention, economic development and community revitalization.

14StreetY.org

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