

Fall 2017 Class Schedule

At the IWD, 359 Second Avenue

Participants must submit payment for
Session 1 by Monday September 25, 2017 and for
Session 2 by Monday November 6, 2017

Sign up for 2 classes and receive a 10% discount;
Sign up for 3 classes and receive a 15% discount

Registration begins on September 18, 2017



Zumba

Monday 1:30 - 2:30 pm
Session 1: Oct. 2nd - Oct. 30th 5 Classes: \$50
Session 2: Nov. 13th - Dec. 4th 4 Classes: \$40

Instructor: Yvonne Puckett is a certified chair zumba instructor with over 10 years of teaching experience. She teaches at several fitness clubs in NYC.

Zumba is an easy to follow aerobic dance program inspired by Latin Music. It is a cardio based total body workout combining fast and slow rhythms that tone the body. This class will be adapted to all levels and abilities and can be done in a seated and/or standing position.



Core Strengthening

Monday 2:45 - 3:30 pm (45 min)
Session 1: Oct. 2nd - Oct. 30th 5 Classes: \$50
Session 2: Nov. 13th - Dec. 4th 4 Classes: \$40

Instructor: Jennifer Herrera, is Pilates equipment certified through the Pilates Method Alliance as well as a certified Reiki Healer. She teaches at several fitness clubs in NYC.

This class is done in a seated position. Exercise incorporates props and Pilates inspired techniques to strengthen your core and upper body muscles. Core and arm exercises help build better balance, stability and shoulder mobility.



Restorative Stretch Mat Class

Tuesday 12:45 - 1:45 pm
Nov. 14th - Dec. 5th 4 Classes: \$40
(Session 2 Only)

Instructor: Jennifer Herrera, is Pilates equipment certified through the Pilates Method Alliance as well as a certified Reiki Healer. She teaches at several fitness clubs in NYC.

Combining elements of stretching and meditation. Participants will explore new ways to increase flexibility, relax their muscles and improve mobility through restorative postures. *Must be able to get on and off the floor independently.*



The Chakras & Yoga

Tuesday 2:00 - 3:00 pm
Session 1: Oct. 3rd - Oct. 31st (No Class 10/17) 4 Classes: \$40
Session 2: Nov. 14th - Dec. 5th 5 Classes: \$50

Instructor: Susanne Chakan, RTY, is a certified Yoga Teacher from the Himalayan Institute and is certified in Cardiac Yoga from Integral Yoga.

This class incorporates Chakra meditation along with Yoga postures for a deeply restorative practice. Chakra meditation involves focusing on the 7 chakras in the body and their color vibration to bring balance to your mind and body. This class is done in a seated position.



Arthritis Exercise / Sun Style Tai Chi

Wednesday 1:15 - 2:15 pm
Session 1 : Oct. 4th - Nov. 1st 5 Classes: \$50
Session 2: Nov. 15th - Dec. 6th 5 Classes: \$50

Instructor: Dorene Hyman is a certified Arthritis Foundation Exercise and Arthritis Foundation Tai Chi instructor.

The class fuses the fundamentals of arthritis exercise with Sun Style Tai Chi. This combination approach improves health by increasing flexibility, physical strength, and internal focus. The exercise can be done in a seated and/or standing position.



Strength & Tone

Thursday 12:45 - 1:45 pm
Session 1: Oct. 5th - Nov. 2nd 5 Classes: \$50
Session 2: Nov. 16th - Dec. 7th 3 Classes: \$30
(No Class 11/23)

Instructor: Laurie Malen, AFAA, NASM, is a certified personal trainer with 20 years of experience and has advance certifications in post rehabilitation exercise.

This class is a combination of strength training and aerobic conditioning. It is designed to improve upper body flexibility and strength; includes boxing, weight training and cardio conditioning. This class is done in a seated position.



Martial Arts-Ercize

Friday 11:30 am - 12:30 pm
Session 1: Oct. 6th - Nov. 3rd 5 Classes: \$50
Session 2: Nov. 17th - Dec. 8th 3 Classes: \$30
(No Class 11/24)

Instructor: Sensei David Sheeger, is a fourth degree black belt instructor with over 23 years studying and practicing martial arts.

Martial arts movements are set to music in this unique and enjoyable class. Get fit and strong, improve your balance, all in a fun and relaxed setting. The practice of martial arts helps strengthen both mind and body connections. This class can be done in a seated and/or standing position.



Mat Pilates

Friday 1:00 - 2:00 pm
Session 1: Oct. 6th - Nov. 3rd 5 Classes: \$50
Session 2: Nov. 17th - Dec. 8th 3 Classes: \$30
(No Class 11/24)

Instructor: Marie Strevens is a certified Pilates instructor. She teaches at several fitness clubs including Chelsea Piers in NYC.

Pilates is a sequence of performed pattern movements that focuses on the core postural muscles that help keep the body balanced and support the spine. Develop strength and flexibility while practicing Pilates on the floor. *Must be able to get on and off the floor independently.*

Bone Health

MOVING FOR LIFE
Dance Exercise for Health®

Monday 11:00 am - 12:00 pm
Session 1: Oct. 2nd - Oct. 30th 5 Classes: \$50
Session 2: Nov. 13th - Dec. 4th 4 Classes: \$40

Instructor: Jyothi Larson is a certified yoga teacher and personal trainer with 40 years of experience. She is a certified Moving For Life instructor.

Bone Health/ Moving For Life focuses on building balance, coordination, strength, and flexibility through dance, weight bearing and muscle strengthening exercises. A fun, invigorating class beneficial for everyone but especially for those with osteopenia and osteoporosis.

This class can be done in a seated and/or standing position.

Social Hour

Monday 12:15 - 1:15 pm
Session 1: Oct. 2nd - Oct. 30th
Session 2: Nov. 13th - Dec. 4th
No Cost, Must Pre-Register

Come meet new friends at the IWD. Card and Board Games available upon request. Participants are welcome to bring their own lunch.



SEASONAL CLASSES



Hip Hop Dance

Tuesday 12:45 - 1:45 pm
Oct. 3rd - Oct. 31st
5 Classes: \$50

An upbeat dance workout set to hip hop music. Learn basic hip hop moves that engage your arms, shoulders and core. No prior experience necessary. This class may be done in a seated position.

Instructed by Jennifer Herrera



Naam Yoga Workshop

Thursday 11:00 am - 12:00 pm
October 12th
No Fee to Participate, Must Pre-Register

Naam Yoga works with the combined healing properties of breathwork, movement and sound vibration to bring the mind and body into harmony and balance.

This class is done in a seated position.

Instructed by Stephanie Gordan and Candy Capili



Posture Workshop

Thursday 2:00 - 3:00 pm
November 16th
1 Class: \$10

Correct posture aligns everything in your body. Bones, muscles, ligaments and tendons are all able to function optimally when you sit or stand up straight. Your organs assume their proper placement with good posture. This workshop will help you develop a stronger posture through simple exercises that build your core and upper body strength.

Instructed by Dori Bortniker



The Initiative for Women with Disabilities
Elly & Steve Hammerman Health & Wellness Center

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Wellness
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