

Spring 2017 Class Schedule

At the IWD, 359 Second Avenue

Participants must submit payment for
 Session 1 by Monday April 3, 2017 and for
 Session 2 by Monday May 15, 2017

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

Registration begins on March 20, 2017



Bone Health

MOVING FOR LIFE
 Dance Exercise for Health®

Monday 11:00 am - 12:00 pm
 Session 1: April 10th - May 8th 5 Classes: \$50
 Session 2: May 22nd - June 19th 4 Classes: \$40
 (No Class 5/29)

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. Addresses fall prevention, proper body mechanics and good posture. A fun, invigorating class beneficial for

Social Hour

Monday 12:15 - 1:15 pm
 Session 1: April 10th - May 8th
 Session 2: May 22nd - June 19th (No Class 5/29)
 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.



Zumba

Monday 1:30 - 2:30 pm
 Session 1: April 10th - May 8th 5 Classes: \$50
 Session 2: May 22nd - June 19th 4 Classes: \$40
 (No Class 5/29)

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 a cardio based total body workout combining fast and slow rhythms that tone the body in an aerobic/fitness fashion. An easy to follow aerobic fitness & toning program inspired by Latin Music. This class will be adapted to all levels and abilities and can be done in a



Core Strengthening

Monday 2:45 - 3:30 pm (45 min)
 Session 1: April 10th - May 8th 5 Classes: \$50
 Session 2: May 22nd - June 19th 4 Classes: \$40
 (No Class 5/29)

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.



Chair Yoga

Tuesday 2:00 - 3:00 pm
 Session 1: April 11th - May 9th 4 Classes: \$40
 Session 2: May 23rd - June 20th 5 Classes: \$50
 (No Class 4/18)

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

This class is done in a seated position. Yoga is an excellent tool for a woman with a disability to develop a strong and relaxed body. This class incorporates basic Hatha Yoga postures, breathing and relaxation techniques.



Arthritis Exercise / Sun Style Tai Chi

Wednesday 1:15 - 2:15 pm
 Session 1: April 12th - May 10th 5 Classes: \$50
 Session 2: May 24th - June 21st 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

** New Time*

Thursday 12:45 - 1:45 pm
 Session 1: April 13th - May 11th 5 Classes: \$50
 Session 2: May 25th - June 22nd 5 Classes: \$50

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; primarily done in a seated position.



The Art of Tai Chi

Thursday 2:00 - 3:00 pm
 Session 1: April 13th - May 11th 5 Classes: \$50
 Session 2: May 25th - June 22nd 5 Classes: \$50

Instructor: Louise Portier-Stanfiel, MA, CTRS, received training from a Tai Chi Qigong School in London.

This class combines elements of Meditation & Tai Chi Qigong. It will focus on breathing, posture, movement and balance to restore health and promote a sense of well-being. This class will be done in a seated and/or standing position.



Martial Arts-Ercize

Friday 11:30 am - 12:30 pm
 Session 1: April 14th - May 12th 5 Classes: \$50
 Session 2: May 26th - June 23rd 5 Classes: \$50

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: April 14th - May 12th 5 Classes: \$50
 Session 2: May 26th - June 23rd 5 Classes: \$50

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.

SEASONAL CLASSES



IWD's Achilles Track Club

Monday 4:30 - 6:00 pm
April 17th - June 19th

Location: Stuyvesant Park (2nd avenue and 17th Street)

Come walk, wheel, or run! Set personal goals and have the opportunity to compete in the Hope and Possibility Race with Team IWD on June 25, 2017.

No Cost, Must Pre Register



Restorative Stretch

Tuesday 12:45 - 1:45 pm
May 23rd - June 20th
5 Classes: \$50

Combining elements of stretching and meditation. Participants will explore new ways to increase flexibility, relax their muscles and improve mobility through restorative postures.

Participants must be able to get on and off the floor independently.

Instructed by Jennifer Herrera



IWD Sings Out!

Information Session
Friday June 16th
2:15 - 3:15 pm

Join the cast of IWD Sings Out, our 2nd annual singing and performing showcase with the Afterwork Theater Project. At this information session you will meet the directors and learn more about the program.

Must be 18 years old or older and be able to commit to 10 rehearsal sessions on Friday afternoons.

No Cost, Must Pre Register



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

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Spring 2017 Wellness Class Schedule

