

Summer 2017 Class Schedule

At the IWD, 359 Second Avenue

Participants must submit payment for
Session 1 by Monday July 3, 2017 and for
Session 2 by Monday August 14, 2017

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

Registration begins on June 19, 2017



Zumba

Monday 1:30 - 2:30 pm
Session 1: July 10th - Aug. 7th 5 Classes: \$50
Session 2: Aug. 21st - Sept. 18th 4 Classes: \$40
(No Class 9/4)

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: July 10th - Aug. 7th 5 Classes: \$50
Session 2: Aug. 21st - Sept. 18th 4 Classes: \$40
(No Class 9/4)

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: July 11th - Aug. 8th 5 Classes: \$50
Session 2: Aug. 22nd - Sept. 19th 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 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: July 12th - Aug. 9th 5 Classes: \$50
(No Session 2)

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: July 20th - Aug. 10th 4 Classes: \$40
Session 2: Aug. 24th - Sept. 21st 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. This class is done in a seated position.



The Art of Tai Chi

Thursday 2:00 - 3:00 pm
Session 1: July 13th - Aug. 10th 5 Classes: \$50
Session 2: Aug. 24th - Sept. 21st 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: July 14th - Aug. 11th 5 Classes: \$50
Session 2: Sept. 1st - Sept. 22nd 4 Classes: \$40

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: July 14th - Aug. 11th 5 Classes: \$50
Session 2: Aug. 25th - Sept. 22nd 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.*



Bone Health

MOVING FOR LIFE
Dance Exercise for Health®

Monday 11:00 am - 12:00 pm
Session 1: July 10th - Aug. 7th 5 Classes: \$50
Session 2: Aug. 21st - Sept. 18th 4 Classes: \$40
(No Class 9/4)

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: July 10th - Aug. 7th
Session 2: Aug. 21st - Sept. 18th (No Class 9/4)
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



Restorative Stretch

Tuesday 12:45 - 1:45 pm
Aug. 1st - Aug. 29th
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



Chakra Meditation

Tuesday 2:00 - 3:00 pm
August 15th
1 Class: \$10

Chakra meditation involves focusing on the 7 chakras in the body and their color vibration to bring balance in your mind and body; promoting healing and peace of mind.

Instructed by Susanne Chakan



Hip Hop Dance

Wednesday 1:00 - 2:00 pm
Aug. 23rd - Sept. 20th
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



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

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Summer 2017 Wellness Class Schedule

