Yoga & The Chakras
Tuesday 2:00 - 3:00 pm
Fall : Oct. 30th - Nov. 27th
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.

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Arthritis Exercise / Sun Style Tai Chi
Wednesday 1:15 - 2:15 pm
Fall : Oct. 31st - Dec. 5th
Winter : Jan. 9th - Feb. 13th
6 Classes: $60

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

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Core Strengthening
Monday 2:30 - 3:30 pm
Fall : Oct. 29th - Dec. 3rd
Winter : Jan. 7th - Feb. 11th
5 Classes: $50

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.
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.
This class is done in a seated position.

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Zumba
Monday 1:15 - 2:15 pm
Fall : Oct. 29th - Dec. 3rd
Winter : Jan. 7th - Feb. 11th
5 Classes: $50

Instructor: Emi Asano is a certified Zumba Gold instructor with experience in teaching chair Zumba at over 20 locations. Her background in acting, dancing and athletics makes her classes uniquely fun.
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 can be done in a seated and/or standing position.

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Bone Health
Moving For Life
Monday 11:00 am - 12:00 pm
Fall : Oct. 29th - Dec. 3rd
Winter : Jan. 7th - Feb. 11th
6 Classes: $60

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.

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Brain Games
Monday 12:15 - 1:00 pm
Fall : Oct. 29th - Dec. 3rd
Winter : Jan. 7th - Feb. 11th
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**

**Paint Your Own Masterpiece**

Monday October 15th
11:00 am - 12:30 pm
Cost $5

Tap into your creative side and enjoy a relaxing painting project with friends.

Led by IWD Staff

**Work Readiness Program**

Tuesdays 11:00 am - 1:30 pm
October 16th - December 18th
No Fee, Must Pre Register

In this 10 week course you will learn ways to develop your employability skills.

We will cover the following topics: Communication, Team Work, Time Management, Interviews, Networking and much more!

Led by IWD Participant Michele Greene

**BINGO!**

11:30 am - 12:30 pm
Friday, October 26th
Wednesday, November 28th
Monday, December 17th
No fee to enter, Must Pre Register

Join us for fun and games at the IWD. The first one to get five in a row and yell "BINGO" wins!

Led by IWD Staff

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

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Fall 2018/ Winter 2019
Wellness Class Schedule