

# Fall 2018 / Winter 2019

## Class Schedule

At the IWD, 530 First Avenue, 12th Floor

Participants must submit payment for  
Fall Session by Monday October 29, 2018 and for  
Winter Session by Monday December 31, 2018

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

Registration begins on Monday October 8th 2018  
**Space limited. Call 212-598-6429 to Register**

### Bone Health



Monday 11:00 am - 12:00 pm

Fall : Oct. 29th - Dec. 3rd *6 Classes: \$60*  
Winter : Jan. 7th - Feb. 11th (No Class 1/21) *5 Classes: \$50*

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.

### Brain Games



Monday 12:15 - 1:00 pm

Fall : Oct. 29th - Dec. 3rd  
Winter : Jan. 7th - Feb. 11th (No Class 1/21)  
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 1:15 - 2:15 pm

Fall : Oct. 29th - Dec. 3rd (No Class 11/26) *5 Classes: \$50*  
Winter : Jan. 7th - Feb. 11th (No Class 1/21) *5 Classes: \$50*

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



### Core Strengthening

Monday 2:30 - 3:30 pm

Fall : Oct. 29th - Dec. 3rd *6 Classes: \$60*  
Winter : Jan. 7th - Feb. 11th (No Class 1/21) *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.



### Yoga & The Chakras

Tuesday 2:00 - 3:00 pm

Fall : Oct. 30th - Nov. 27th *5 Classes: \$50*  
Winter : Jan. 8th - Feb. 12th *6 Classes: \$60*

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

Fall : Oct. 31st - Dec. 5th *6 Classes: \$60*  
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.



### Strength & Tone

Thursday 1:00 - 2:00 pm

Fall : Nov. 1st - Dec. 6th (No Class 11/22) *5 Classes: \$50*  
Winter : Jan. 10th - Feb. 14th *6 Classes: \$60*

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

Fall : Nov. 2nd - Dec. 7th (No Class 11/23) *5 Classes: \$50*  
Winter : Jan. 11th - Feb. 15th *6 Classes: \$60*

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.

## 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



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

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Wellness  
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