Fall 2019
Class Schedule

At the IWD, 530 First Avenue

*The IWD is a multidisciplinary center committed to providing respectful, high quality gynecological, medical and wellness services for women and adolescent girls with physical disabilities.

Our mission is to empower women with physical disabilities to pursue a healthy lifestyle.

Participants must submit payment for
Session 1 by Monday September 9, 2019 and for Session 2 by Monday October 28, 2019

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

Registration begins on August 26, 2019
Space limited. Call 212-598-6429 to Register

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**Chair Pilates**
Monday 12:15 pm - 1:15 pm
Session 1: Sept. 16th - Oct. 21st 6 Classes: $60
Session 2: Nov. 4th - Dec. 16th (No Class 12/2) 6 Classes: $60

Instructor: Gail Accardi draws on her training in dance, Pilates, and healing practices to work with dancers and non-dancers with injuries, physical limitations and alignment challenges.

Exercise incorporates 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 1:30 pm - 2:30 pm
Session 1: Sept. 16th - Oct. 21st 6 Classes: $60
Session 2: Nov. 4th - Dec. 9th 6 Classes: $60

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 will be adapted to all levels and abilities and can be done in a seated and/or standing position.

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**Sculpt & Stretch**
Tuesday 2:00 pm - 3:00 pm
1 Session Only: Sept. 17th - Oct. 22nd 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.

Yoga postures are incorporated with props including bands and light weights to deeply stretch your muscles and build strength throughout your body. This class is done in a seated position.

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**Pound - Rock Out Workout**
Wednesday 11:00 am - 12:00 pm
Mini Series: Sept. 18th & Sept. 25th 2 Classes: $20

Instructor: Melissa Fortner is a Certified POUND Instructor.

The Pound workout combines elements of music and choreography with the use of weighted drumsticks to achieve a strenuous fitness experience. You will work out and rock out at the same time! This class may be done in a seated or standing position.

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**Arthritis Exercise / Sun Style Tai Chi**
Wednesday 1:15 pm - 2:15 pm
Session 1: Sept. 18th - Oct. 23rd  (No Class 10/9) 5 Classes: $50
Session 2: Nov. 6th - Dec. 11th  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. The exercise can be done in a seated and/or standing position.

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**Strength & Tone**
Thursday 1:00 pm - 2:00 pm
Session 1: Sept. 19th - Oct. 24th 6 Classes: $60
Session 2: Nov. 7th - Dec. 12th (No Class 11/28) 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.

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**Martial Arts-Ercize**
Friday 11: 30 am - 12:30 pm
Session 1: Sept. 20th - Oct. 24th 6 Classes: $60
Session 2: Nov. 8th - Dec. 13th (No Class 11/29) 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.

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**Social Hour**
Friday 1:00 pm - 2:00 pm
Session 1: Sept. 20th - Oct. 25th  
Session 2: Nov. 8th - Dec. 13th (No Class 11/29)

No Fee to Participate, Must Pre-Register

Socialize, play games, make new friends, and spend time with other participants here at the IWD.

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SEASONAL CLASSES & GROUPS

Paint Your Own Masterpiece
Cost $5 Per Class
11:00 am - 12:45 pm
Tuesday, Sept. 17th
Monday, Oct. 28th
Thursday, Nov. 21st
Tap into your creative side and enjoy a relaxing painting project with friends. Led by IWD Staff

BINGO!
No Fee, Must Pre Register
Tuesday, Sept. 24th 11:15 am -12:15 pm
Thursday, Oct. 31st 2:00 pm - 3:00 pm
Monday, Dec. 16th 11:00 am -12:00 pm
Join us for fun, games, and prizes at the IWD. The first one to get five in a row and yell “BINGO” wins! Led by IWD Staff

IWD's Women's Support Group
Friday 10:15 am - 11:15 am
September 20th - December 13th
(No Group 11/29)
No Fee, Must Pre Register
This group will explore the unique challenges women face living with a disability. For more information and to register contact IWD Social Work Department at 646-754-1351.
Led by Kathryn Malone, LMSW

Work Readiness Program - Session 1
Tuesdays 11:00 am - 1:30 pm
October 1st - December 3rd
No Fee, Must Pre Register
Instructor: Michele Greene is an IWD Participant with over 20 years of experience navigating the work force with a disability.

In this 10 week course you will learn ways to develop your employability skills. We will cover the following topics: Goal Setting, Resumes, Networking, Soft Skills Development, Community Resources, and much more!