Spring 2020 Class Schedule

At the IWD, 530 First Avenue

Registration begins on March 30, 2020
Space limited. Call 212-598-6429 to Register

Participants must submit payment for
Session 1 by Monday, April 6, 2020 and for
Session 2 by Tuesday, May 19, 2020

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

Bone Health

**Moving For Life**

Monday 11:00 am - 12:00 pm
Session 1: April 13th - May 18th 5 Classes: $50
Session 2: June 1st - June 29th 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, especially for those with osteopenia and osteoporosis. This class can be done in a seated or standing position.

Chair Pilates

Monday 12:15 pm - 1:15 pm
Session 1: April 13th - May 18th 6 Classes: $60
Session 2: June 1st - June 29th 5 Classes: $50

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.

Zumba

Monday 1:30 pm - 2:30 pm
Session 1: April 13th - May 18th 6 Classes: $60
Session 2: June 1st - June 29th 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 will be adapted to all levels and abilities and can be done in a seated and/or standing position.

Achilles Track Club

Monday 3:30 pm - 5:00 pm
April 20th - June 22nd (No Class 5/25)
No Fee, Must Pre Register

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 28, 2020.

Work Readiness Program

Tuesdays 11:00 am - 1:30 pm
April 7th - June 9th
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!

Arthritis Exercise / Sun Style Tai Chi

Wednesday 1:15 pm - 2:15 pm
Session 1: April 15th - May 13th 5 Classes: $50
Session 2: May 27th - June 24th 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.

Chair Yoga

Thursday 11:00 am - 12:00 pm
May 28th - June 25th
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 meditation along with Yoga postures for a deeply restorative practice. Props including bands and light weights may be used to assist in deepening your stretch and to build strength throughout your body. This class is done in a seated position.

Strength & Tone

Thursday 1:00 pm - 2:00 pm
Session 1: April 23rd - May 21st 5 Classes: $50
Session 2: May 28th - June 25th 5 Classes: $50

Instructor: Laurie Malen, AFAA, NASM, is a certified personal trainer with 20 years of experience and has advanced 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 3:30 pm - 5:00 pm
April 17th - June 9th
No Fee, Must Pre Register

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.

Social Hour

Friday 1:00 pm - 2:00 pm
Session 1: April 17th - May 15th 5 Classes: $50
Session 2: May 29th - June 26th 5 Classes: $50

No Fee, 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 GROUPS

Enhancing Self Esteem Series
Thursday 11:00 am - 12:00 pm
April 9th - May 7th
No Fee, Must Pre Register

Positive self-esteem can enhance your health, creativity, ambition, relationships and your resiliency in the face of hardship. Explore ways to define, develop and maintain a healthy self-esteem; build your self-confidence, self-worth and self-acceptance.

Led by Idil Ozturk, Social Work Intern

IWD's Healthy Living Program
Tuesday 2:15 pm - 4:15 pm
Session 1: April 21st - May 12th  4 Classes: $40
Session 2: May 26th - June 23rd  5 Classes: $50

The Healthy Living Program is specifically designed for participants 33 years of age and older, comprising of a focused discussion group and an adaptive fitness class. Emphasis is placed on the pillars of healthy living including physical activity, managing stress, mindfulness, and social connection.

Led by Lista DeJulio, LCSW

IWD's Women's Support Group
Friday 10:15 am - 11:15 am
April 17th- June 26th (No Group 5/22)
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

Writer's Workshop
Wednesday 11:00 am - 12:00 pm
May 27th - June 24th
No Fee, Must Pre Register

Everyone has a story to tell. Share your personal story and experiences and learn to express yourself in new ways through writing. No experience necessary.

Led by Litsa DeJulio, LCSW