

Summer 2019 Class Schedule

At the IWD, 530 First Avenue

Participants must submit payment for
Session 1 by Monday June 10th, 2019 and for
Session 2 by Monday July 22nd, 2019

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

Registration begins on May 28, 2019
Space limited. Call 212-598-6429 to Register



Bone Health

Monday 11:00 am - 12:00 pm
Session 1: June 17th - July 15th 5 Classes: \$50
Session 2: July 29th - August 26th 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.

Chair Pilates

Monday 12:15 - 1:15 pm
Session 1: June 17th - July 15th 5 Classes: \$50
Session 2: July 29th - August 26th 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.



Social Hour

Monday 1:30 - 2:30 pm
Session 1: June 17th - July 15th
Session 2: July 29th - August 26th

No Fee to Participate, Must Pre-Register

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



Sculpt & Stretch



Tuesday 2:00 - 3:00 pm
1 Session Only: June 18th - July 16th 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.

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.



Arthritis Exercise / Sun Style Tai Chi

Wednesday 1:15 - 2:15 pm
Session 1: June 19th - July 17th 5 Classes: \$50
Session 2: July 31st - August 21st 4 Classes: \$40

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.



Moving Stories



Thursday 11:00 am - 12:00 pm
1 Session Only: July 11th - Aug. 8th 5 Classes: \$50

Instructor: Sasha Soreff has been creating work on stage and in community settings for close to twenty years as Artistic Director of Sasha Soreff Dance Theater. Her work has been seen most recently in performance by students at the Ailey School, at the Queens Museum of Arts and at The JCC in Manhattan.

We all have stories to tell, and this class offers a safe, fun and unusual way to tell them! Our bodies become the canvas as we transform our stories into movement and discover new forms of creative expression. This class is done in a seated position.



Strength & Tone

Thursday 1:00 - 2:00 pm

Session 1: June 20th - July 18th (No Class 7/4) 4 Classes: \$40
Session 2: Aug. 1st - Aug. 29th (No Class 8/22) 4 Classes: \$40

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

Session 1: June 21st - July 19th (No Class 7/5) 4 Classes: \$40
Session 2: August 2nd - August 30th 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.



Zumba

Friday 1:00 - 2:00 pm

Session 1: June 21st - July 19th (No Class 7/5) 4 Classes: \$40
Session 2: August 2nd - August 30th 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.



SEASONAL CLASSES & GROUPS



Paint Your Own Masterpiece

Cost \$5 Per Class

Tuesday 11:00 am - 1:00 pm

July 2nd, July 30th

August 13th, August 27th

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

Led by IWD Staff



BINGO!

No fee to enter, Must Pre Register

11:00 am - 12:00 pm Tuesday, June 25th

2:30 pm - 3:30 pm Monday, July 22nd

11:00 am - 12:00 pm Thursday, August 22nd

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

Session 1: June 21st - July 19th (No Group 7/5)

Session 2: August 2nd - August 23rd

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



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

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Wellness
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