

Winter 2018 Class Schedule

At the IWD, 359 Second Avenue

Participants must submit payment for
Session 1 by Tuesday, January 2, 2018 and for
Session 2 by Monday February 12, 2018

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

Registration begins on December 4, 2017
Space limited. Call 212-598-6429 to Register



Bone Health

MOVING FOR LIFE
Dance Exercise for Health®

Monday 11:00 am - 12:00 pm
Session 1: Jan. 8th -Feb. 12th (No Class 1/15) **5 Classes: \$50**
Session 2: Feb. 26th - March 19th **4 Classes: \$40**

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.



Social Hour

Monday 12:15 - 1:15 pm
Session 1: Jan. 8th - Feb. 12th (No Class 1/15)
Session 2: Feb. 26th - March 19th
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 1:30 - 2:30 pm
Session 1: Jan. 8th - Feb. 12th (No Class 1/15) **5 Classes: \$50**
Session 2: Feb. 26th - March 19th **4 Classes: \$40**

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



Core Strengthening

Monday 2:45 - 3:30 pm (45 min)
Session 1: Jan. 8th -Feb. 12th (No Class 1/15) **5 Classes: \$50**
Session 2: Feb. 26th - March 19th **4 Classes: \$40**

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.

This class is done in a seated position. 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.



The Chakras & Yoga

Tuesday 2:00 - 3:00 pm
Session 1: Jan. 9th - Feb. 6th **5 Classes: \$50**
Session 2: Feb. 20th - March 20th **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.



Arthritis Exercise / Sun Style Tai Chi

Wednesday 1:15 - 2:15 pm
Session 1 : Jan. 10th - Feb. 7th **5 Classes: \$50**
Session 2: Feb. 21st - March 21st **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.



Strength & Tone

Thursday 12:45 - 1:45 pm
Session 1: Jan. 11th - Feb. 8th **5 Classes: \$50**
Session 2: Feb. 22nd - March 22nd **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.



Hip Hop Dance

Thursday 2:00 - 3:00 pm
March 8th - March 22nd **3 Classes: \$30**



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.

An upbeat dance workout set to hip hop music. Learn basic hip hop moves that engage your arms, shoulders and core. No prior experience necessary. This class may be done in a seated position.



Martial Arts-Ercize

Friday 11:30 am - 12:30 pm
Session 1: Jan. 12th - Feb. 9th **5 Classes: \$50**
Session 2: Feb. 23rd - March 23rd **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.



Mat Pilates

Friday 1:00 - 2:00 pm
Session 1: Jan. 12th - Feb. 9th **5 Classes: \$50**
Session 2: Feb. 23rd - March 23rd **5 Classes: \$50**

Instructor: Marie Strevens is a certified Pilates instructor. She teaches at several fitness clubs including Chelsea Piers in NYC.

Pilates is a sequence of performed pattern movements that focuses on the core postural muscles that help keep the body balanced and support the spine. Develop strength and flexibility while practicing Pilates on the floor. *Must be able to get on and off the floor independently.*

SEASONAL CLASSES

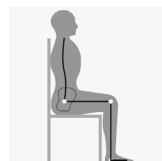


Floor Yoga

Tuesday 2:00 - 3:00 pm
February 13th
1 Class: \$10

Floor Yoga combines healing properties of breath work and movement to bring the mind and body into harmony and balance. Class will be done on a Mat. *Must be able to get on and off the floor independently.*

Instructed by Susanne Chakan



Posture Workshop

Friday 2:00 - 3:00 pm
February 16th
1 Class: \$10

This workshop will help you develop a stronger posture through simple exercises that build your core and upper body strength. Correct posture aligns everything in your body. Bones, muscles, ligaments, tendons and organs are all able to function optimally when you sit or stand up straight.

Instructed by Dori Bortniker

SUPPORT GROUPS



IWD's Women's Support Group

Friday 10:30 am - 11:30 am
Jan. 12th - March 23rd (No Session 2/16)
No Cost, Must Pre Register

For more information and to register contact IWD Social Worker Kathryn Malone at 646-754-1351



Mindful Eating for Diabetes Group

Thursday 11:00 am - 12:00 pm
February 22 - March 22nd
5 Classes: \$50 *

This group will explore eating habits and self care specific to those living with diabetes.

For more information and to register contact IWD Nutrition Coordinator Michelle Mock at 646-754-1354

*Discounted rates available for those eligible



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



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Winter 2018
Wellness
Class Schedule

