**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

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**Arthritis Exercise / Sun Style Tai Chi**

**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.

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

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**The Chakras & Yoga**

**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.

**Session 1:** Jan. 9th - Feb. 6th  
**Session 2:** Feb. 20th - March 20th  
**5 Classes:** $50

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**Core Strengthening**

**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.

**Session 1:** Jan. 8th - Feb. 12th  
**Session 2:** Feb. 26th - March 19th  
**4 Classes:** $40

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**Chi - The Initiatives for Women with Disabilities**

**Martial Arts-Ercize**

**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.

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

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**Pilates**

**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.**

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

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**Strength & Tone**

**Instructor:** Laurie Malen, AAFA, 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.

**Session 1:** Jan. 11th - Feb. 8th  
**Session 2:** Feb. 22nd - March 22nd  
**5 Classes:** $50

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**Zumba**

**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.

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

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**Elly & Steve Hammerman Health & Wellness Center**

The Initiative for Women with Disabilities

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**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.
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