### Winter 2020 Class Schedule

At the IWD, 530 First Avenue, 12th Floor

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 December 30, 2019 and for Session 2 by Tuesday February 18, 2020**

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

Registration begins on December 9th 2019  
Space limited. Call 212-598-6429 to Register

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#### Chair Pilates

- **Monday 12:15 pm - 1:15 pm**  
  - **Session 1:** Jan. 6th - Feb. 10th (No Class 1/20)  
    - **5 Classes:** $50  
  - **Session 2:** March 2nd - March 30th  
    - **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:** Jan. 6th - Feb. 10th (No Class 1/20)  
    - **5 Classes:** $50  
  - **Session 2:** Feb. 24th - March 30th  
    - **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 can be done in a seated and/or standing position.

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#### Bone Health

- **Monday 11:00 am - 12:00 pm**  
  - **Session 1:** Jan. 6th - Feb. 10th (No Class 1/20)  
    - **5 Classes:** $50  
  - **Session 2:** Feb. 24th - March 30th  
    - **6 Classes:** $60

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.

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#### Eating for Your Health

- **Wednesday 1:15 pm - 2:00 pm**  
  - February 26th - April 1st  
    - **6 Classes:** $60

Instructor: Dorene Hyman is a Doctor of Acupuncture & Chinese Medicine, in addition to being a certified Arthritis Foundation Exercise and Tai Chi instructor.  

This group will explore nutrition that supports our body in the winter months, through modern ideas and ancient traditions. It will also examine food labels and foods that support your overall health and well being throughout the year.

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#### Strength & Tone

- **Thursday 1:00 pm - 2:00 pm**  
  - **Session 1:** Jan. 9th - Feb. 13th  
    - **6 Classes:** $60  
  - **Session 2:** Feb. 27th - April 2nd  
    - **6 Classes:** $60

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 can be done in a seated position.

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#### Martial Arts-Ercize

- **Friday 11:30 am - 12:30 pm**  
  - **Session 1:** Jan. 10th - Feb. 14th  
    - **6 Classes:** $60  
  - **Session 2:** Feb. 28th - April 3rd  
    - **6 Classes:** $60

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:** Jan. 10th - Feb. 14th  
    - **Session 2:** Feb. 28th - April 3rd  
  - **No Fee to Participate, Must Pre-Register**

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

**IWD’s Women’s Support Group**
Friday 10:15 am - 11:15 am  
January 10th - April 3rd (No Group 2/21)  
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

**Improv Group**
Thursday 2:15 pm - 3:15 pm  
February 27th - April 2nd (No Group 3/19)  
No Fee, Must Pre Register  
Improv is all about being present in the current moment. This group will use improvisational acting exercises to learn important skills like active listening, active responding, and going with the flow.  
Led by Idil Ozturk, Social Work Intern

**Organization Group**
Wednesday 11:00 am - 12:00 pm  
March 11th - April 8th  
No Fee, Must Pre Register  
Do you ever feel disorganized? This group will explore techniques to organize your home, your appointments and your life. Come to listen, learn and share.  
Led by Litsa DeJulio, LCSW