Winter / Spring 2019
Class Schedule

At the IWD, 530 First Avenue

Participants must submit payment for
Session 1 by Monday February 25, 2019 and for
Session 2 by Monday April 15, 2019

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

Registration begins on February 11, 2019

Space limited. Call 212-598-6429 to Register

Bone Health

**Moving For Life**

**Dance Service for Health**

**New Time**

**Work Readiness Program - Session 2**

**Tuesdays 11:00 am - 1:30 pm**

March 19th - May 21st

**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!

**Chair Yoga**

**Tuesday 2:00 - 3:00 pm**

Session 1: March 5th - April 9th (No Class 3/12)

Session 2: April 23rd - May 28th

**6 Classes: $60**

Instructor: Susanne Chakan, RTY, is a certified Yoga Teacher from the Himalayan Institute and is certified in Cardiac Yoga from Integral Yoga.

This class is done in a seated position. Bring balance to your mind and body in this deeply restorative practice. Yoga postures are incorporated with meditation of the 7 chakras in the body and their color vibration.

**Arthritis Exercise / Sun Style Tai Chi**

**Wednesday 1:15 - 2:15 pm**

Session 1: March 6th - April 10th

Session 2: April 24th - May 29th

**6 Classes: $60**

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: March 28th - April 25th

Session 2: May 2nd - May 30th

**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.

**Social Hour**

**Thursday 2:00 - 3:00 pm**

Session 1: March 7th - April 18th

Session 2: April 25th - May 30th

**No Fee to Participate, Must Pre-Register**

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

**Martial Arts-Ercize**

**Friday 11:30 am - 12:30 pm**

Session 1: March 8th - April 12th

Session 2: April 26th - May 31st

**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.

**Mat Pilates**

**Friday 1:00 - 2:00 pm**

Session 1: March 8th - April 12th

Session 2: April 26th - May 31st

**6 Classes: $60**

Instructor: Mikayla Savuto is a certified Pilates teacher through the Kane School of Core Integration. She has experience working with clients ages 16-93.

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.

**Chair Pilates**

**Monday 12:15 - 1:15 pm**

Session 1: March 4th - April 8th

Session 2: April 22nd - May 20th

**6 Classes: $60**

**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 - 2:30 pm**

Session 1: March 4th - April 8th

Session 2: April 22nd - May 20th

**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.

**New Instructor**

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SEASONAL CLASSES

Paint Your Own Masterpiece
Cost $5 Per Class
11:00 am - 12:30 pm
Friday, March 1st and Monday, April 15th

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
Thursday February 28th, Wednesday March 20th, Friday April 19, and Monday June 3rd

Join us for fun and games at the IWD. The first one to get five in a row and yell “BINGO” wins! Led by IWD Staff

Organization Workshop Series
Wednesday 11:30 am -12:30 pm
May 1st - May 29th
No Fee, Must Pre Register

Do you ever feel disorganized? Learn tips and techniques to organize your home, your appointments and your life. We will look at ways to tidy up your belongings including your medical information and important documents.

Led by Litsa DeJulio, LCSW & Suzanne Wallach, CRC

IWD's Women's Support Group
Friday 11:00 am -12:00 pm
March 8th - May 31st (No Session 4/19)
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

IWD's Achilles Track Club
Monday 3:30 - 5:00 pm
April 15th - June 17th
Location: Stuyvesant Park (2nd avenue and 17th St.)

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 23, 2019. No Cost, Must Pre Register

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

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