November 21 - December 12, 2020

Dance Exercise for Health (All Welcomed!)

Company: Moving For Life
Venue: Online via Zoom
Location: New York, NY

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Moving For Life Dance Exercise classes are a great way to move safely and stay connected.

While our in-person classes are on hold, we are offering FREE online classes DAILY.

Register for classes here: https://us02web.zoom.us/meeting/register/tZItcu2prTIrGtAve6vDvhQ79IGH5IhWZjSg

For our detailed class schedule visit: movingforlife.org/classes

Originally designed for women with breast cancer, our classes were quickly found to be helpful to many more people and are open to everyone!

Some classes focus on particular groups but note that ANYONE can participate:

a?? Breast cancer survivors (or in treatment etc) or metastatic thrivers

a?? Those recovering from reproductive or other cancers

a?? Older adults

a?? Anyone who:

af?prefers a seated workout

af?is recovering from an injury

af?is challenged by illness or mobility restriction

Certified Instructors adapt class to the individuals in attendance.

Classes can be done seated or standing and are designed to:

a?? Increase energy, cardio fitness, and muscle strength

a?? Improve range of motion, balance, and mood

a?? Boost your immune system

a?? Reduce or maintain weight/BMI

Moving For Life classes provide a safe, gentle workout that help you progress in your recovery and meet your fitness goals.

Most classes are taught by bilingual teachers (English/Spanish).

Find joy through dancing together towards greater health.

Funded by:

Jody and John Arnhold | Arnhold Foundation

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&

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https://movingforlife.networkforgood.com/projects/96608-2020-emergency-support-for-online-classes

New to Zoom? If you are new to Zoom, remember to download the app to your device before class starts to avoid technical delays. We recommend you do this at least one hour before class.

Moving For Life
221 E. 71st St.
New York, NY, 10021

Schedule
November 21, 2020: 3:00pm
November 24, 2020: 6:00pm
December 1, 2020: 6:00pm
December 3, 2020: 6:00pm
December 5, 2020: 3:00pm
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