

FOR AUDIENCES

Community Calendar | Volunteering

January 8 - December 18, 2020

## Gentle Movement Dance Exercise

Company: Moving For Life

Venue: Online via Zoom

Location: New York, NY

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Find joy through dancing together towards greater health. Moving For Life DanceExercise Classes provide a safe, gentle workout to help meet or progress in your fitness goals or injury/cancer recovery (if approved by a doctor).

Register for classes here: <https://us02web.zoom.us/meeting/register/tZltcu2prTlrGtAve6vDvhQ79IGH5lhWZjSg>

For our detailed class schedule visit: [movingforlife.org/classes](http://movingforlife.org/classes)

Class starts with a warm-up, then moves to gentle aerobics and strengthening through easy dance moves and ease into a cool down/stretch.

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
- a?? Ease symptoms of many chronic illnesses

Don't be shy if you haven't been moving for a while. This gentle dance aerobics class designed by Movement Therapist Dr. Martha Eddy PhD is a safe, non-intimidating environment with great music and exercise can be done at your own pace. You are encouraged to do what is comfortable and modify based on your energy level, range of motion, or fitness level. We start where you are at, so don't worry if you haven't been moving. All ages and abilities are welcome.

While in-person classes are on hold, we are keeping you moving online! Stay safe, healthy, strong and connected. #movewithus

Donate today

<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

January 8, 2020: 12:00pm  
January 15, 2020: 12:00pm  
January 22, 2020: 12:00pm  
January 29, 2020: 12:00pm  
February 5, 2020: 12:00pm  
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