March 15 - December 27, 2019

Moving for Life - Gentle Aerobics for Seniors

Company: Studio 55C
Venue: Studio 55C
Location: New York, NY

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Thursdays, 11:00am-12:00pm

Donation based.

MOVING FOR LIFE DanceExercise for Health® is dedicated to helping people challenged by cancer and aging, through free and low-cost dance exercise classes offered at hospitals, health and wellness centers, libraries and other community-based sites. Our methods are supported by research that confirms engagement in therapeutic dance improves quality of life, speeds up recovery time, enhances survivorship, and reduces the chances of recurrence.

Affordable & Free Classes
Moving For Life classes offered by hospitals are usually free. Foundation grants and donors support our community classes with reputable agencies (Gilda's Club and SHARE Cancer Support). We also offer low-priced classes in local wellness and physical therapy centers.

Convenient Locations
Classes are offered in most boroughs of New York City. There are also classes on Long Island, New Jersey and California (in the Bay Area). New classes will be starting soon in Vancouver. Keep an eye open for classes starting up in Ohio as well as in Denmark, Norway, Holland and Tokyo! Contact us to develop programming in your area.

Expert & Bilingual Teachers
Many MFL teachers have 15+ years experience. They provide easy to follow, personalized instruction, and understand the cancer experience. In fact, many are survivors themselves. About half of our NYC faculty are either fluent or proficient in Spanish!

Medical Oversight
MFL is endorsed by surgeons, oncologists, psychologists, exercise/dance experts & consultants on our Advisory Council.

Holistic & Gentle Approach
Everyone is encouraged to build greater awareness of, respect for, and control of the body. Classes are specially designed to address the affects of cancer treatment - radiation, chemotherapy and/or surgery.

Studio 55C

55 Avenue C

212-222-1351

Studio 55C
55 Avenue C South Storefront
New York, NY, 10009
2122221351

Schedule
March 15, 2019: 8:00pm
March 22, 2019: 8:00pm
March 29, 2019: 8:00pm
April 5, 2019: 8:00pm
April 12, 2019: 8:00pm
more

< back

previous listing • next listing