



# Moving On Aerobics

Joyful Dance Exercise for  
Breast Cancer Survivors

## NYC Classes • Summer Fall 2010

**Moving on Aerobics (MOA) is an MOVEMENT FOR LIFE** dance-exercise program that was created for Breast Cancer Survivors. Anyone coping with similar physical challenges may join.

MOA classes are FREE for cancer patients. Some classes suggest a small donation.

News, Faculty Info, Articles, Photos, Video and More > [www.MovingOnAerobics.org](http://www.MovingOnAerobics.org)

<b>MONDAY</b>	<b>MOA Gilda's Club Gentle Aerobics</b> <b>Catherine Gross or Sherry Greenspan (ongoing weekly class)</b> 3:15-4:30PM • 195 W Houston St. Call to register: 212.647.9700
<b>TUESDAY</b>	<b>YOGA MOVES with MOA Teachers at the JCC Makom Center</b> <b>Martha Eddy or Sherry Greenspan (ongoing weekly class)</b> <b>4- 5:15pm • 76<sup>th</sup> and Amsterdam Ave (7<sup>th</sup> floor)</b> Call to register: 212.523.7275 <a href="http://www.JCCManhattan.org">www.JCCManhattan.org</a>
<b>WEDNESDAY</b>	<b>Moving On Aerobics at JCC of Manhattan Makom Center</b> <b>Martha Eddy or Sherry Greenspan (ongoing weekly class)</b> <b>12pm-1pm • 76<sup>th</sup> and Amsterdam Ave (7<sup>th</sup> floor)</b> Call to register: 212.523.7275 <a href="http://www.JCCManhattan.org">www.JCCManhattan.org</a>
<b>THURSDAY</b>	<b>MOA with a NIA Twist with Catherine Gross</b> <b>Starts again in fall 2010</b> 6:00-7:00pm in the Chelsea area (West 20s) Call to express interest: 212.414.2921
<b>SATURDAY</b>	<b>A Wellness Dance Class with Wendy Joseph</b> <b>Invigorating and Healthy Movement</b> Offered periodically from 12:30-1:30pm The Center for Kinesthetic Education 49 West 27 <sup>th</sup> Street, Mezzanine B <i>Complimentary to Cancer Survivors</i> <b>Call for exact dates: 212.414.2921 or email <a href="mailto:info@wellnessCKE.net">info@wellnessCKE.net</a></b>
<b>Additional Classes</b>	<b>SHARE/LATINA SHARE</b> Offering classes in English and Spanish <a href="http://www.sharecancersupport.org">www.sharecancersupport.org</a> <b>Ask us about new classes forming in Queens.</b>

### Save the Dates!

The 11<sup>th</sup> Annual Stowe Weekend of Hope in Vermont: **Spring 2011** [www.stowehope.com](http://www.stowehope.com)

JCC's Spa Day for Women in Treatment for Breast and Ovarian Cancer: **June 2011**

Moving On Aerobics joins [www.danceparade.org](http://www.danceparade.org) using Dr Eddy's moves: **MAY 2011**

Contact us to setup MOA and Wellness Dance classes in your area.

MOA is a community Outreach Program of Moving On Center,  
a non-profit educational arts and health organization.

New York Office: MOC at CKE 49 West 27<sup>th</sup> Street NY, NY 10001 • 212.414.2921 •  
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