



Moving On Aerobics

Joyful Dance Exercise for
Breast Cancer Survivors

NYC Classes • Winter/Spring 2010

Moving on Aerobics (MOA) is an exercise dance program that was created for Breast Cancer Survivors. Anyone coping with similar physical challenges may benefit.

MOA classes are FREE for survivors. Some classes suggest a small donation.

News, Articles, Gallery, Video and More > www.MovingOnAerobics.org

MONDAY	MOA Gilda's Club Gentle Aerobics Catherine Gross & Sherry Greenspan (ongoing weekly class) 3:15-4:30PM • 195 W Houston St. Call to register: 212.647.9700
WEDNESDAY	JCC of Manhattan Fitness Center with Martha Eddy or Sherry Greenspan (ongoing weekly class) 11:20am-12:10pm • 76 th and Amsterdam Ave Call to register: 212.523.7275 www.JCCManhattan.org
THURSDAY	MOA with a NIA Twist at CKE with Catherine Gross (ongoing weekly class) 6:00-7:00pm • 49 West 27 th Street, Mezzanine B Call to express interest: 212.414.2921
SATURDAY	A Wellness Dance Class with Wendy Joseph Invigorating and Healthy Movement 12:30-1:30pm 1/23 \$20 The Center for Kinesthetic Education 49 West 27 th Street, Mezzanine B Complimentary to Cancer Survivors Call to register: 212.414.2921 or email info@wellnessCKE.net
Additional Classes	SHARE/LATINA SHARE Offering classes in English and Spanish www.sharecancersupport.org

Save the Date!

The 10th Annual Stowe Weekend of Hope: May 2, 2010 www.stowehope.com

Spa Day for Women in Treatment for Breast and Ovarian Cancer:

June 13, 2010 10:00 AM-5:00 PM www.jccmanhattan.org

Please call 212-414-2921 or email info@wellnesscke.net and request to be updated about future MOA and Wellness Dance classes at CKE. MOA is a community Outreach Program of Moving On Center, a non-profit educational arts and health organization.

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New York Office: Center for Kinesthetic Education 49 West 27th Street NY, NY 10001 • 212.414.2921 • info@movingonaerobics.org