



Moving On Aerobics

Joyful Dance Exercise for
Breast Cancer Survivors

NYC Classes • Spring 2008

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 will leave you feeling relaxed yet energized.

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

MONDAY	Gilda's Club Gentle Aerobics with Bonnie Schiffer (ongoing weekly class) 3:15-4:30PM • 195 W Houston St. Call to register: 212.647.9700
TUESDAY	Classes available at other locations by request
WEDNESDAY	JCC of Manhattan Fitness Center with Martha Eddy or Sherry Greenspan (ongoing weekly class) 11:15am-12pm • 76 th and Amsterdam Ave Call to register: 212.523.7275
THURSDAY	The Center for Kinesthetic Education with Martha Eddy March 27th, April 17th, May 15th, June 19th 2008 • 1:30 – 2:30pm 151 West 30 th Street Suite 200 (7 th Ave) Call to register: 212-414-2921 or info@wellnessCKE.net Beth Israel Hospital: MOA Classes by Request Time varies (evening) • 10 Union Square East Call to express interest: 212.844.6022 A Wellness Dance Class with Wendy Joseph Invigorating and Healthy Movement March 13th 2008 1:30pm-2:30pm The Center for Kinesthetic Education 151 West 30 th Street Suite 200 (7 th Ave)
SPECIAL BENEFIT	FUNDRAISING Luncheon on April 9th, 2008 <i>Join Jody Gottfried Arnhold and Valerie T. Diker in learning about MOA in the ambience of the Diker home surrounded by glorious modern, Japanese and Native American art. Call or email for a detailed invitation.</i>
SPECIAL EVENTS	Stowe Weekend of Hope May 2nd-4th 2008 http://stowehope.com Annual Spa Day for Women with Cancer May 18th 2008 at the JCC Manhattan http://www.jccmanhattan.org

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