



Integrative Care Center FALL 2009 Class Schedule

T'ai Chi Chih @ Carolyn Hales Perkins

This class is suitable for beginners as well as former students who wish to keep up their practice of T'ai Chi Chih. Practiced as a moving meditation, gentle warm-ups and flowing movements assist in promoting circulation and balance of the body's vital energy (Chi) as well as allowing participants to experience a sense of relaxation, heightened energy and overall well being.

Session Times/Dates:

Open Level	Mondays: 2:00pm – 3:00pm Session 1: Sept 14, 21, 28, Oct 5, 12, 19 Session 2: Nov 2, 9, 16, 30, Dec 7, 14
Intermediate*	Thursdays: 1:30pm - 2:30pm Session 1: Sept 17, 24, Oct 1, 8, 15, 22 Session 2: Nov 5, 12, 19, Dec 3, 10, 17 <i>*Instructor approval required</i>

Cost: \$135 for 6wk sessions

T'ai Chi for Better Balance Carolyn Hales Perkins

This class offers participants a specially designed program of simple movements in order to decrease the risk of falls by strengthening and improving balance. Adapted from Qigong and T'ai Chi forms, walking and chair exercises are incorporated so that participants may be able to utilize selected postures at home in addition to class. ****Must have MD consent.**

Session Times/Dates:	Mondays: 3:00pm – 4:00pm Session 1: Sept 14, 21, 28, Oct 5, 12, 19 Session 2: Nov 2, 9, 16, 30 Dec 7, 14
	Fridays: 11:15am – 12:15pm Session 1: Sept 18, 25, Oct 2, 9, 16, 23 Session 2: Nov 6, 13, 20, Dec 4, 11, 18
	Fridays: 12:15pm – 1:15pm Session 1: Sept 18, 25, Oct 2, 9, 16, 23 Session 2: Nov 6, 13, 20, Dec 4, 11, 18

Cost: \$135 for 6wk sessions

Pilates for Healthy Back Aija Paegle & Steven Fetherhuff

This small group class (4) takes place in our Pilates Studio and utilizes the highly specialized Pilates equipment. The use of spring resistance helps support the spine while simultaneously strengthening the core. This class is appropriate for those suffering from chronic back pain/soreness and not for those with recent musculoskeletal injuries. ****Must have MD consent.**

Session Times/Dates:

Open Level	Tuesdays: 5:30pm – 6:30pm Session 1: Sept 15, 22, 29, Oct 6, 13, 20 Session 2: Nov 3, 10, 17, 24, Dec 1, 8
	Thursdays: 5:30pm – 6:30pm Session 1: Sept 17, 24, Oct 1, 8, 15, 22 Session 2: Nov 5, 12, 19, Dec 3, 10, 17
Intermediate Level*	Fridays: 3:30pm – 4:30pm Session 1: Sept 18, 25, Oct 2, 9, 16, 23 Session 2: Nov 6, 13, 20, Dec 4, 11, 18 *Instructor approval required
	Cost: \$275 for 6wk sessions

Pilates Mat Sarah Faller

Pilates mat exercises improve overall strength and flexibility. Emphasizing proper alignment, these exercises will help you to move with greater ease and feel rejuvenated. Enjoy the other activities in your life with increased energy, vitality and comfort. This class is not recommended for persons with recent musculoskeletal injuries. You must be able to get onto and off the floor comfortably to participate in the class.

Session Times/Dates:

Open (gently paced)	Wednesdays: 11:00am - 12:00pm Session 1: Sept 16, 23, 30, Oct 7, 14, 21 Session 2: Nov 4, 11, 18, Dec 2, 9, 16
Intermediate*	Mondays: 12:00pm – 1:00pm Session 1: Sept 14, 21, 28, Oct 5, 12, 19 Session 2: Nov 2, 9, 16, 30, Dec 7, 14 *Instructor approval required
	Cost: \$135 for 6wk sessions

**For more information or to register, please contact the Integrative Care Center
at 212.224.7900**

Pilates for Better Bones Sarah Faller & Steven Fetherhuff

This is a small group class (4) takes place in our Pilates studio incorporating our highly specialized Pilates equipment. Pilates for Better Bones is a specifically designed workshop series for women with Osteopenia/Osteoporosis. Focus will be on bone building exercises within the Pilates repertoire, which also improves core strength, balance and flexibility. A course manual will be provided containing pertinent information such as an overview of condition, contraindicated movements and home exercise program. *****Must have MD consent & Physical Therapy evaluation.***

Session Times/Dates: **Tuesdays: 3:30pm – 4:30pm**
Session 1: Sept 15, 22, 29, Oct 6
Session 2: Oct 20, 27, Nov 3, 10
Session 3: Nov 24, Dec 1, 8, 15

Fridays: 10:00am – 11:00am
Session 1: Oct 9, 16, 23, 30
Session 2: Nov 6, 13, 20, Dec 4

Cost: \$185 for 4wk sessions

OsteoFitness Adam Pratomo & Anna Ribaudó

This six-class series was design specifically for individuals with osteoporosis or osteopenia (low bone mass). The classes follow the Hospital for Special Surgery/Rehabilitation Department's 5-Point Program, focusing on posture, flexibility, strengthening, weight bearing and balance. Participants are encouraged to wear comfortable clothes. *****Must have MD consent & a Physical Therapy evaluation.***

Session Times/Dates: **Wednesdays 3:00pm – 4:00pm**
Session 1: Sept 16, 23, 30, Oct 7, 14, 21
Session 2: Nov 4, 11, 18, Dec 2, 9, 16

Thursdays: 3:00pm – 4:00pm
Session 1: Sept 17, 24, Oct 1, 8, 15, 22
Session 2: Nov 5, 12, 19, Dec 3, 10, 17

Cost: \$135 for 6wk sessions

Therapeutic Yoga Eve Delacharte

Therapeutic Yoga utilizes a combination of restorative postures, gentle yoga and breath work to enhance wellness. Participants will learn to use breath to explore posture, alignment and mental state. You will additionally work to strengthen your “core muscles”. You will leave with an enhanced sense of balance in both the body and the mind.

Session Times/Dates:

Open Level

Tuesdays: 5:00pm – 6:00pm

Session 1: Sept 15, 22, 29, Oct 6, 13, 20

Session 2: Nov 3, 10, 17, Dec 1, 8, 15

Wednesdays: 6:30pm – 7:30pm

Session 1: Sept 16, 23, 30, Oct 7, 14, 21

Session 2: Nov 4, 11, 18, Dec 2, 9, 16

Fridays: 1:30pm – 2:30pm

Session 1: Sept 18, 25, Oct 2, 9, 16, 23

Session 2: Nov 6, 13, 20, Dec 4, 11, 18

Intermediate*

Tuesdays: 6:15pm– 7:15pm

Session 1: Sept 15, 22, 29, Oct 6, 13, 20

Session 2: Nov 3, 10, 17, Dec 1, 8, 15

****Instructor approval required***

Wednesdays 5:15pm – 6:15pm

Session 1: Sept 16, 23, 30, Oct 7, 14, 21

Session 2: Nov 4, 11, 18, Dec 2, 9, 16

****Instructor approval required***

Cost: \$135 for 6wk sessions

**For more information or to register, please contact the Integrative Care Center
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