

Moving On Aerobics

NY Office: CKE 151 West 30th St 2nd Fl. NY, NY 10001

NYC Classes Winter 2008

www.MovingOnAerobics.org

212.229.8391

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Gilda's Club Gentle Aerobics Bonnie Schiffer 3:15 - 4:30PM 195 W Houston Registration: 212.647.9700</p>	<p><i>Classes available at other locations by request</i></p>	<p>New Time Beinning 12/9/08! * JCC of Manhattan Fitness Center with Martha Eddy or Sherry Greenspan 11:15 - 12pm 76th and Amsterdam Ave Registration: 212.523.7275</p>	<p>The Center for Kinesthetic Education with Martha Eddy: Dec 13, Jan 24 & Feb 28 1:30-2:30PM 151 W.30th 2nd Floor Registration: 212.414.2921</p> <p>Beth Israel Hospital Sponsors evening classes by request: 10 Union Square East Call to express interest: 212.844.6022</p>	<p><i>New classes starting on Long Island Bay Area & Portland OR</i></p>

*On going Classes