

About Linda Rose Iennaco



Photo Credit: Maïke Schultz

Linda Rose Iennaco is an expert in functional fitness. Her understanding of Kinesiology — how our anatomy influences the way we move—helps clients of all ages reach optimum and “pain-free” living. She assists clients with postural alignment, flexibility, mobility, strength, and balance.

A dancer since childhood and a Broadway performer, Ms. Iennaco incorporated fitness guidelines and anatomy into the creation of her signature programs: *Bare Bones of Anatomy™*, *Exercise with Ease, Balance and Bones™* and *TAPaerobics®*. She received her advanced certificate in fitness and personal training from Marymount Manhattan College, where she became a member of the faculty in 1994.

Clients of all abilities as well as those living with neurological and movement disorders, osteoporosis, respiratory and pulmonary disease, joint injuries and joint replacement can benefit from Ms. Iennaco’s expertise. Her goal is to show everyone how to have “a better day today than they did yesterday” by adding movement into their daily lives. She believes everybody has the potential for joyful, “pain-free” living.



The JCC In Manhattan
The Samuel Priest Rose Building
334 Amsterdam Ave. @ 76th St.
New York, NY 10023

A beneficiary of UJA-Federation

Why Do I Need One-on-One Wellness Coaching?

One-on-One wellness coaching offers clients individualized support they cannot get in group classes. Time spent receiving a complete postural assessment is invaluable as a first step in learning how to improve function and wellness. Linda Rose Iennaco focuses on postural assessment and improved functional alignment as a way to strengthen the integrity of the body to maintain the balance and flexibility the body needs to stay healthy, active and pain free.

Become a Member !

For more information, to take a tour or find the membership option that’s right for you, call 646.505.5700.

To register or for a full listing of JCC programs visit www.jccmanhattn.org.

The JCC in Manhattan

Fitness for everyBODY!

One-on-One Wellness Coaching with Linda Rose Iennaco



Photo Credit: Randi L. Klein

Training Opportunities with Linda Rose Iennaco

Individual Assessment

An in-depth assessment is a great place to start to build a foundation for health at any age. Once you know where you are, you can more easily determine the course of action you need to take to ensure you are doing all you can to stay healthy as you age.

Ms. Iennaco takes a health history and works with each client to define his/her current level of well being. Areas evaluated include:



Photo Credit: Randi L. Klein

- ◆ Alignment ◆ Balance ◆ Posture
- ◆ Endurance ◆ Gait ◆ Joint Mobility
- ◆ Range of Motion

The assessment leads to a plan of action with recommendations of exercises and activities to become more engaged in life.

\$150 JCC Members
\$165 Non-members

One-on-One Wellness Coaching

One-to-One Wellness Training with Linda Rose Iennaco offers clients the personal attention needed to focus on specific areas of improvement. Following an assessment of each client's personal fitness goals, Ms. Iennaco develops an individual program to meet identified goals.

Working in a private setting, Ms. Iennaco helps clients incorporate fitness into their everyday lives so improvement will be lasting. She focuses on activities of daily living such as walking, getting into and out of chairs, getting up from the floor, reaching high shelves with ease, and lifting heavy objects safely. She integrates weights and resistance bands for specific exercises.

To schedule an appointment or inquire about One-on-One Wellness Coaching and package rates with Linda Rose Iennaco

Contact the JCC Fitness Welcome Desk at
646.505.5716



Photo Credit: Randi L. Klein

Classes & Seminars

The following classes are offered in series sessions. Please see insert for details.

Balance & Bones™

Designed to maintain and/or regain bone density while improving posture and balance, this work will stimulate the aerobic system, heighten energy and improve daily function.

Tuesdays, 11:30 am-12:30 pm

Thursdays, 10:30-11:30 am

Exercise with Ease

The follow up to Balance and Bones, offers a moderately paced aerobic and strength training workout designed to reduce stiffness and increase strength and mobility. Learn techniques to keep your body flexible, fit and moving.

Fridays, 11 am-noon

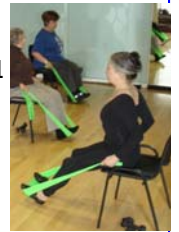


Photo Credit: C. Tornquest

Bare Bones of Anatomy™ (Seminar)

Learn guidelines to improve posture, gait and daily function. Discuss how to better communicate with your doctor to gain physical security and confidence.

For schedule and price information, or to register, please contact the JCC Registration Dept. at 646-505-5708 or visit the website at www.jccmanhattan.org.

Chair Exercise: Balance & Strength for Parkinson's

A seated rhythmic exercise and strengthening class designed for those with Parkinson's Disease.

Fridays, 12:15-1:15 pm

For more information about this program call
646.505.5744.

Supported by the Edmond J. Safra Philanthropic Foundation