

OCTOBER FITNESS CALENDAR

Location Key

(ERH)

Ellenville Regional Hospital
Specialty Services Lobby
10 Healthy Way Ellenville, NY 12428

(HTC)

Holy Trinity Ukrainian Catholic Church
211 Foordmore Road Kerhonkson, NY

(EPL)

Ellenville Public Library
40 Center Street Ellenville, NY 12428

(RF)

Ridgewell Fitness
3555 Main St, Stone Ridge, NY 12484

(SH)

Ellenville Senior Housing
15 Healthy Way Ellenville, NY 12428

(TRF)

Trudy Resnick Farber Building
Basement Community Room
50 Center Street Ellenville, NY 12428

(WRC)

Wallkill Reformed Church
45 Bridge Street Wallkill, NY 12589

(LP)

Lippman Park
29 George Young Blvd,
Wawarsing, NY 12489

(CFL)

Cragsmoor Free Library
355 Cragsmoor Road
Cragsmoor, NY 12420

(GL)

Gardiner Library
133 Farmers Turnpike
Gardiner, NY 12525

(ML)

Mamakating Library
128 Sullivan Street
Wurtsboro, NY 12790

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30		Stephen: Weekday Walkers (ML)		Stephen: Weekday Walkers (EPL)	
11:00	Stephen: FIT Class (TRF)	Debbie: Tai Chi for Arthritis* (GL)	Stephen: HIIT Class (TRF)	Debbie: Tai Chi for Arthritis* (CFL)	Stephen: Cardio Beat Boxing (EPL) 3 rd , 10 th , 17 th (TRF) 24 th , 31 st
12:00	 No Classes Monday October 13th	Stephen: Senior Power ½ Hour (SH)		Stephen: Senior Power ½ Hour (SH)	
12:30				Debbie: Brain & Balance (HTC)	
1:00		Debbie: Ongoing Tai Chi* (EPL) 7 th , 14 th (TRF) 21 st , 28 th			
1:30	Debbie: Ongoing Tai Chi* (RF)				
2:30	Debbie: Y12SR Yoga (RF)			Debbie: Tai Chi for Arthritis* (GL)	
3:00		Debbie: Tai Chi for Arthritis* (CFL)			
4:30	Stephen: Brain & Balance (ERH)		Stephen: Strength Training (ERH)		Stephen: Breathe, Stretch, & Flex (ERH)



*Classes with an asterisk require registration with Office for The Aging (OFA)
Call Ulster County OFA at 845-340-3456.
All other classes do not require registration,
for questions please call 845-647-6400 ext. 215
Follow us on Facebook for announcements about any class cancelations



FITNESS CLASS DESCRIPTIONS

Brain & Balance:

This class will improve your motor skills, hand-eye coordination and gait, strengthen your muscles and core, increase your range of motion and stimulate your mind.

Cardio Beat Boxing:

A great low to high intensity class with a mixture of shadow boxing, kick boxing, and an assortment of nice coordinating music.

H.I.I.T (High Intensity Interval Training)

Ignite your fitness with HIIT! This high-energy class challenges cardiovascular and muscular endurance, helping you build strength and burn calories. Join to discover your power and leave feeling exhilarated!

F.I.T. (Fun Interval Training):

Get FIT and feel fantastic! This class is ideal for fitness beginners or those seeking a gentler workout, combining easy cardio and strength exercises in short, enjoyable intervals. You'll gain confidence, increase energy, and leave feeling great!

Strength Training/Body Building:

This class includes exercises that are designed to improve strength and endurance with the use of free weights and resistance bands. All ages and fitness levels are welcome!

Tai Chi for Arthritis & Fall Prevention - Beginner Level:

This 8-week weekly series by Dr. Paul Lam uses Tai Chi principles to enhance health, prevent falls, and improve range of motion for arthritis pain relief. It is CDC-recommended and evidence-based.

Senior Power ½ Hour:

Senior Power Half Hour is a 30-minute fitness class designed for older adults, featuring upbeat music and exercise modifications to accommodate all fitness levels for a fun and dynamic workout.

Ongoing Tai Chi:

Tai Chi is a series of slow gentle movements and physical postures with controlled breathing. The exercises can be done seated or standing. Tai Chi improves strength, flexibility, aerobic conditioning and balance.

Weekday Walkers:

Join us for a self-paced walk outdoors, led by a fitness instructor. Throughout the walk, optional exercises and stretches will be included based on the group's interests and abilities.

Breathe, Stretch, & Flex

This 45-minute class incorporates breathing and stretching to enhance flexibility, breath capacity, and relaxation, while promoting mindfulness. It includes core exercises for a full-body workout, with the final 15 minutes focused on guided breathing and meditation. Suitable for all fitness levels.

Y12SR Recovery Yoga:

Y12SR Yoga is a 12-step based discussion and yoga practice that is open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome.

MEET OUR FITNESS INSTRUCTORS

Debbie Birch

Debbie Birch is a Physical Health Educator for Ellenville Regional Hospital (ERH) and the Rural Health Network. She is a Certified Personal Trainer who also holds certifications in Yoga, Pilates, Tai Chi, Lifestyle and Wellness Coaching. Debbie worked as a Rehab Aide for nine years at the ERH Physical Therapy Center, and is a retired Rockette.



Stephen Smith

Steve brings over 25 years of health and wellness experience, holding NASM certifications in corrective exercise and performance enhancement. A former US Marine Corps infantryman, he's passionate about teaching all fitness levels. He enjoys hiking, fishing, and spending time with his dog, Roshane.

