

DECEMBER FITNESS CALENDAR

Location Key

(ERH)

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

(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

(ML)

Mamakating Library
128 Sullivan Street
Wurtsboro, NY 12790

(WV)

Walker Valley Schoolhouse Community
Center
6 Marl Road

Pine Bush, NY 12566

(EHA)

Ellenville Housing Authority
199 Canal Street
Ellenville, NY 12428

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am		Stephen: Breathe, Stretch, & Flex (ML)			
10:30am		Debbie: Bingocize **10:45am** (WV) **No class 12/30**		Stephen: Weekday Walkers (EPL)	
11:00am	Stephen: FIT Class (TRF)		Stephen: HIIT Class (TRF)		Stephen: Cardio Beat Boxing (EPL)
12:00pm		Stephen: Senior Power ½ Hour (SH)		Stephen: Senior Power ½ Hour (SH)	
1:00pm		Debbie: Ongoing Tai Chi* (EPL) **No class 12/30**			Stephen: Breathe, Stretch, & Flex (WV)
1:30pm	Debbie: Ongoing Tai Chi* (RF) **No class 12/29**	Stephen : Senior Power ½ Hour (EHA)		Stephen : Senior Power ½ Hour (EHA)	
2:30pm	Debbie: Y12SR Yoga (RF) **No class 12/29**		 No Classes Wednesday December 24th No Classes Thursday December 25th		
3:00pm					
4:30pm	Stephen: Brain & Balance (ERH)		Stephen: Strength Training (ERH)		Stephen: Breathe, Stretch, & Flex (ERH)



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 incorporating skills from boxing and kick boxing to 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!

Bingocize:

Bingocize is a vibrant program that fuses fitness with health education and Bingo! It is great for all ages, but specializes in assisting older adults and people with disabilities to move. Classes range from 45 to 60 mins.

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.

