

JANUARY 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

(SH)

Ellenville Senior Housing
15 Healthy Way
Ellenville, NY 12428

(TRF)

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

(RF)

Ridgewell Fitness
3555 Main St, Stone Ridge, NY 12484

(ML)

Mamakating Library
128 Sullivan Street
Wurtsboro, NY 12790

(EHA)

Ellenville Housing Authority
199 Canal Street
Ellenville, NY 12428

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am		Breathe, Stretch, & Flex (ML)		NO CLASS 01/01	
11:00am	FIT Class (TRF) *No class 1/19*		HIIT Class (TRF)		Cardio Beat Boxing (EPL)
12:00pm		Senior Power ½ Hour (SH)		Senior Power ½ Hour (SH)	
1:30pm		Senior Power ½ Hour (EHA)		Senior Power ½ Hour (EHA)	
2:00pm	Breathe, Stretch, & Flex (RF)				
4:30pm	Brain & Balance (ERH)		Strength Training (ERH)		Breathe, Stretch, & Flex (ERH)

As the weather cools, check our Facebook for updates on class cancellations.



Classes do not require registration, for questions please call 845-647-6400 ext. 215



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!

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.

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.

MEET OUR FITNESS INSTRUCTOR



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.