

# FEBRUARY 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)


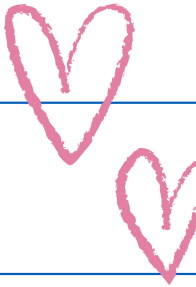
Ridgewell Fitness  
3555 Main St, Stone Ridge, NY 12484

### (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)			
11:00am	FIT Class (TRF)		HIIT Class (TRF)		Cardio Beat Boxing (EPL)
12:00pm	<b>**NO CLASS 2/16**</b> ★  ★	Senior Power ½ Hour (SH)		Senior Power ½ Hour (SH)	
1:30pm	<b>PRESIDENT'S — DAY —</b>	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.