

# MARCH FITNESS CALENDAR



Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am	***Bingocize (EPL) <b>Starts 3/9</b>	Breathe, Stretch, & Flex (ML)		***Bingocize (EPL) <b>Starts 3/12</b>	
11:00am	FIT Class (TRF)		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) Workout pickup 2pm-2:30pm			
4:30pm	Brain & Balance (ERH)		Strength Training (ERH)		Breathe, Stretch, & Flex (ERH) <b>*No class 3/13*</b>

## Location Key

- (ERH)**  
Elleville Regional Hospital  
Specialty Services Lobby  
10 Healthy Way  
Elleville, NY 12428
- (EPL)**  
Elleville Public Library  
40 Center Street  
Elleville, NY 12428
- (SH)**  
Elleville Senior Housing  
15 Healthy Way  
Elleville, NY 12428
- (TRF)**  
Trudy Resnick Farber Building  
Basement Community Room  
50 Center Street  
Elleville, NY 12428
- (ML)**  
Mamakating Library  
128 Sullivan Street  
Wurtsboro, NY 12790
- (EHA)**  
Elleville Housing Authority  
199 Canal Street  
Elleville, NY 12428

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

\*\*\* 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



# FITNESS CLASS DESCRIPTIONS

## **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.

## **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.

## **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.

## **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.

# 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.