




2024

FEBRUARY

Free Fitness Class Calendar



MON	TUE	WED	THU
			1 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi for Arthritis* (ERH)
5 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 4:30 Tai Chi for Arthritis* (ERH)	6 11:00 Brain & Balance (Walker Valley) 4:30 Brian & Balance (ERH)	7 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Strength Training (ERH)	8 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi for Arthritis* (ERH)
12 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 4:30 Tai Chi for Arthritis* (ERH)	13 11:00 Brain & Balance (Walker Valley) 4:30 Brian & Balance (ERH)	14 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Strength Training (ERH)	15 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi for Arthritis* (ERH)
19  No Classes	20 11:00 Brain & Balance (Walker Valley) 4:30 Brian & Balance (ERH)	21 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Strength Training (ERH)	22 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi (ERH)
26 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 1:30 Love Your Heart with ERH (EPL)	27 11:00 Brain & Balance (Walker Valley) 1:00 New Horizons (SH) 4:30 Brian & Balance (ERH)	28 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Strength Training (ERH)	29 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi (ERH)

Inclement Weather
 Follow us on Facebook for announcements about class cancellations

Registration Info
 *Office for the Aging Sponsored Classes Require Registration
Tai Chi for Arthritis
 12/11/23-2/15/24
 Registration Closed
A Matter of Balance
 2/7/24-3/27/24
 Deadline to register 2/14
Call Ulster County Office for the Aging at (845) 340-3456

All other classes do not require registration!
 Call us if you have questions at (845) 647-6400 Ext. 215

Location Key

- (EPL) Ellenville Public Library
- (TRF) Trudy Resnick Farber Basement Community Room
- (ERH) Ellenville Regional Hospital Specialty Services Lobby
- (SH) Ellenville Senior Housing (Walker Valley)
- Walker Valley Schoolhouse Community Center

FITNESS CLASS DESCRIPTIONS

A Matter of Balance at Ellenville Senior Housing

Wednesday's at 1:30 pm to 3:30 pm in the Ellenville Senior Housing Community Room, Building #15 (15 Healthy Way, Ellenville, NY 12428). Class designed to reduce fear of falling and improve activity levels. Starts February 7th and ends March 27th. Please contact the Office for the Aging 845-340-3456 to register for this series by 2/14/24. *space is limited*

Brain & Balance at Walker Valley Schoolhouse Community Center and Ellenville Regional Hospital

Tuesdays at 11:00 AM at the Walker Valley Schoolhouse Community Center (6 Marl Road, Pine Bush, NY), and 5:00 PM in Ellenville Regional Hospital's Specialty Services Area Lobby. Improve your motor skills, hand-eye coordination and gait, strengthen your muscles and core, increase your range of motion and increase production of Brain-Derived Neurotropic factor and packs a punch!

Cardio Dance at the Trudy Resnick Farber Building

Thursdays at 2:30 PM in the Trudy Resnick Farber Building (50 Center St, Ellenville, NY 12428). Get your heart rate up with some cardio dance moves and fun music!

Chair Yoga the Ellenville Public Library

Thursdays at 11:00 AM at the Ellenville Public Library (40 Center St, Ellenville, NY 12428). Connect your mind, body and breath with a series of lengthening and strengthening exercises done seated or standing. Loosen and stretching painful muscles, reduce chronic pain, decrease stress, and improve circulation.

F.I.T. (Fun Interval Training) at the Trudy Resnick Farber Building

Mondays at 11:00 AM at the Trudy Resnick Farber Building (50 Center St, Ellenville, NY 12428). Fun uplifting music motivates you to perform different exercises at different stations around the room. Based on a program created by Dr. Izumi Tabata to strengthen your heart and circulatory system. All ages and fitness levels are welcome!

New Horizons at Ellenville Senior Housing

The last Tuesday of the month from 1-2 PM in the Ellenville Senior Housing Community Room, Building #15 (15 Healthy Way, Ellenville, NY 12428). New Horizon's is a healthy living program for seniors that takes place monthly featuring different health and wellness topics. February New Horizons will be about ERH's Cardiac Rehab Program.

Strength Training at Ellenville Regional Hospital

Wednesday's at 4:30 PM in the Specialty Services Area Lobby of the hospital. 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 (Ellenville Regional Hospital)

An 8-week series taking place twice a week on Mondays and Wednesdays! Created by Dr. Paul Lam, this program incorporates tai chi principles for improving health, strengthening for fall prevention and range of motion to ease arthritis pain. Recommended by the CDC and evidence-based. *Registration for this class is closed.* Ellenville Regional Hospital: 15 Healthy Way, Ellenville, NY in the Specialty Services Lobby

Weekday Walkers (Ellenville Regional Hospital)

Monday's at 1:30 PM & Wednesday's at 11:30 AM. Join us for a walk down Airport Road and enjoy a beautiful view of the Shawangunk's! Meet at the back of the hospital near the community garden. We will walk with you at your own pace, distance, and comfort level.