



2024

# MARCH

## Free Fitness Class Calendar



MON	TUE	WED	THU
<b>4</b> 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	<b>5</b> 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)	<b>6</b> 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Body Building (ERH)	<b>7</b> 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi (ERH)
<b>11</b> 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	<b>12</b> 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)	<b>13</b> 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Body Building (ERH)	<b>14</b> 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi (ERH)
<b>18</b> 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	<b>19</b> 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)	<b>20</b> 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Body Building (ERH)	<b>21</b> 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi (ERH)
<b>25</b> 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	<b>26</b> 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)	<b>27</b> 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Body Building (ERH)	<b>28</b> 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

### A Matter of Balance

2/7/24-3/27/24

Registration Closed

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

(RF)

Ridgewell Fitness

(EMC)

Ellenville Methodist Church



Come pick up some free healthy fruits and vegetables at  
ERH's Farm-acy Distribution  
Drive through pick up in the back of the hospital  
Thursday March 14th & 28th 4pm-6pm  
or until supplies last

# **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 April 3rd. Registration is closed for this class.

## **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 4:30 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 Neurotrophic 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. March New Horizons will be about Central Hudson's Senior Programs.

## **Body Building 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!

## **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. Classes are Mondays at 3:30 pm at Ridgewell Fitness located at 3555 Main St, Stone Ridge, NY 12484 and Tuesdays at 1:30 pm at The Ellenville Methodist Church located at 85 Canal St, Ellenville, NY 12428.

## **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.