




2024

APRIL

Fitness Class Calendar



MON	TUE	WED	THU
1 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	2 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)	3 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Body Building (ERH)	4 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi (ERH)
8 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	9 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)	10 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Body Building (ERH)	11 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi (ERH)
15 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	16 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)	17 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Body Building (ERH)	18 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi (ERH)
22 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	23 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)	24 11:30 Weekday Walkers (ERH) 1:30 AMOB* (SH) 4:30 Body Building (ERH)	25 11:00 Chair Yoga (EPL) 2:30 Cardio Dance (TRF) 4:30 Tai Chi (ERH)
29 11:00 FIT (TRF) 1:30 Weekday Walkers (ERH) 3:30 Y12SR Yoga (RF)	30 11:00 Brain & Balance (Walker Valley) 1:30 Y12SR Yoga (EMC) 4:30 Brain & Balance (ERH)	 Produce Distribution Drive through pick up in the back of the hospital Thursday April 11th & 25th 4pm-6pm or until supplies last	

Class Cancellations
Follow us on Facebook for announcements about class cancellations

Registration Info
*Office for the Aging Sponsored Classes Require Registration

A Matter of Balance (AMOB)
2/7/24 - 4/27/24
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

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 27th due to make up classes .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 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. The April New Horizons Guest Speaker is from The Alzheimer's Association.

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.