

# SEPTEMBER FITNESS CALENDAR



| Time    | Monday                                                                                           | Tuesday                                                          | Wednesday | Thursday                                 | Friday                                                      |
|---------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------|------------------------------------------|-------------------------------------------------------------|
| 10:00am | ***Tai Chi for Arthritis and Fall Prevention<br><b>(SH)</b><br>No class on the 7 <sup>th</sup> ! | Rhythm & Recharge<br><b>(EPL)</b>                                |           | Chair Yoga<br><b>(EPL)</b>               | ***Tai Chi for Arthritis and Fall Prevention<br><b>(SH)</b> |
| 12:00pm |                                                                                                  | Senior Power ½ Hour<br><b>(SH)</b>                               |           | Senior Power ½ Hour<br><b>(SH)</b>       |                                                             |
| 1:30pm  | ***Ongoing Tai Chi<br><b>(RF)</b><br>No class on the 7 <sup>th</sup> !                           | Senior Power ½ Hour<br><b>(EHA)</b><br>Workout pickup 2pm-2:30pm |           | Breathe, Stretch, & Flex<br><b>(TRF)</b> | ***Ongoing Tai Chi<br><b>(CFL)</b>                          |

## Location Key

**(EPL)** Ellenville Public Library, 40 Center Street Ellenville, NY 12428

**(SH)** Ellenville Senior Housing, 15 Healthy Way Ellenville, NY 12428

**(CFL)** Cragsmoor Free Library, 355 Cragsmoor Road Cragsmoor, NY 12420

**(RF)** Ridgewell Fitness, 3555 Main Street Stone Ridge, NY 12484

**(TRF)** Trudy Resnick Farber Building- Basement Community Room, 50 Center Street Ellenville, NY 12428

**(EHA)** Ellenville Housing Authority, 199 Canal Street Ellenville, NY 12428

## 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

