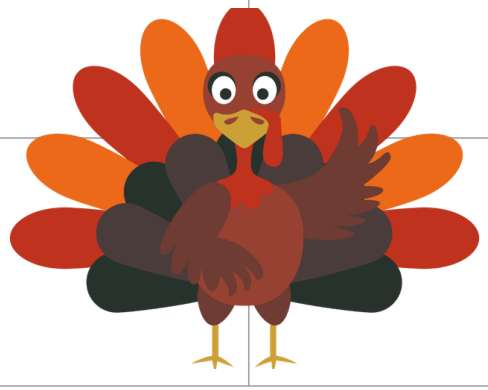
NOV Fitness Class Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1:30 PM: ***Ongoing Tai Chi (RF)	3 1:00 PM: Senior Power Half Hour (SH) 4:30 PM: Team Move & Groove (ERH)	4 1:30 PM: Senior Power Half Hour (EHA) 4:30 PM: Dance Bingo (ERH)	5 **NO CLASS!!!**	6 **NO CLASS!!!**
9 1:30 PM: ***Ongoing Tai Chi (RF)	10 10:00 AM: Rhythm & Recharge (EPL) 1:00 PM: Senior Power Half Hour (SH) 4:30 PM: Team Move & Groove (ERH)	11 1:30 PM: Senior Power Half Hour (EHA) 4:30 PM: Dance Bingo (ERH)	12 10:00 AM: Chair Yoga (EPL) 1:00 PM: Senior Power Half Hour (SH) 4:30 PM: Breathe, Stretch, & Flex (ERH)	13 1:30 PM: ***Ongoing Tai Chi (CFL)
16 10:00 AM: ***Tai Chi for Arthritis and Fall Prevention (TRF) 1:30 PM: ***Ongoing Tai Chi (RF)	17 10:00 AM: Rhythm & Recharge (EPL) 1:00 PM: Senior Power Half Hour (SH) 4:30 PM: Team Move & Groove (ERH)	18 1:30 PM: Senior Power Half Hour (EHA) 4:30 PM: Dance Bingo (ERH)	19 10:00 AM: Chair Yoga (EPL) 1:00 PM: Senior Power Half Hour (SH) 4:30 PM: Breathe, Stretch, & Flex (ERH)	20 10:00 AM: ***Tai Chi for Arthritis and Fall Prevention (TRF) 1:30 PM: ***Ongoing Tai Chi (CFL)
23 10:00 AM: ***Tai Chi for Arthritis and Fall Prevention (TRF) 1:30 PM: ***Ongoing Tai Chi (RF)	24 10:00 AM: Rhythm & Recharge (EPL) 1:00 PM: Senior Power Half Hour (SH) 4:30 PM: Team Move & Groove (ERH)	25 1:30 PM: Senior Power Half Hour (EHA) 4:30 PM: Dance Bingo (ERH)	26 **NO CLASS!!!**	27 **NO CLASS!!!**
30 10:00 AM: ***Tai Chi for Arthritis and Fall Prevention (TRF) 1:30 PM: ***Ongoing Tai Chi (RF)				



Registration Info

***Office for the Aging (OFA) Sponsored Classes Require Registration

Call Ulster County Office for the Aging at (845) 340-3456

All other classes do not require registration!

Please call us if you have any questions at

(845) 647-6400 Ext. 215

Class Cancellations

Follow us on Facebook about class cancellations

facebook.com/erhruralhealth

Location Key

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

(ERH)
Ellenville Regional Hospital
Specialty Services Lobby 10 Healthy Way Ellenville, NY 12428

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

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

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

(TRF)
Trudy Resnick Farber Building
50 Center Street Ellenville, NY 12428

(EHA)
Ellenville Housing Authotity
199 Canal Street Ellenville, NY 12428

FITNESS CLASS DESCRIPTIONS

Breathe, Stretch, & Flex:

This 45-minute class incorporates breathing and stretching to enhance flexibility, breath capacity, and relaxation, while promoting mindfulness. It includes 30 minutes of core exercises for a full-body workout, with the final 15 minutes focused on guided breathing and meditation. Suitable for all fitness levels.

Chair Yoga:

Connect your mind, body and breath with a series of lengthening and strengthening yoga exercises done seated or standing. The benefits include loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation.

Dance Bingo

Dance Bingo is a fun and engaging fitness class that combines movement, music, and the excitement of bingo. Participants stay active while enjoying a variety of dance-inspired movements in a social and energetic atmosphere. This class promotes cardiovascular fitness, coordination, cognitive engagement, and social connection, making exercise both enjoyable and rewarding for all fitness levels.

Ongoing Tai Chi:

Tai Chi is a series of slow gentle movements and physical postures with controlled breathing. The exercises can be done seated or standing. Tai Chi improves strength, flexibility, aerobic conditioning and balance.

Rhythm & Recharge:

Join us for this cardio dance class that combines the sounds of the Islands with moves that will make you sweat and stretch! Perfect for all at any level of ability.

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.

Tai Chi for Arthritis & Fall Prevention - Beginner's Level:

This is an 8-week series taking place bi- weekly. Created by Dr. Paul Lam, the 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 evidenced based.

Team Move & Groove

Team Move & Groove is a fun, interactive team fitness class that combines movement, music, and friendly competition. Participants work together in teams to improve strength, coordination, balance, and overall wellness while building social connections and team spirit. Designed for all fitness levels, this energizing class encourages active participation in a positive, supportive, and enjoyable environment.

MEET OUR
FITNESS INSTRUCTOR



Tiffany Dumornay

Tiffany is a committed group fitness and wellness facilitator with expertise in program delivery and community health. She emphasizes clear instruction and accessibility in fitness programming. Certified in Tai Chi for Arthritis, Tiffany focuses on fall prevention for seniors, fostering a calm and supportive environment to encourage participation and achieve effective results. Outside of her work, Tiffany enjoys dancing, writing poetry, and listening to old-school music, which continue to inspire her connection to rhythm, creativity, and expression.