

# Living Well Programs

MVP Living Well programs are open to all unless otherwise noted. Most programs are free, compliments of MVP Health Care. Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to register for all classes. Space is limited and registration is required.

**Registration for all Winter classes will open at 8 am on Tuesday, November 28.**

## **Hudson Valley In-Person Programs**

### **Cardio and Core**

Join us for a dynamic low-impact class designed to elevate your heart rate and strengthen your core muscles using Pilates, boxing, and functional fitness techniques. With the added challenge of resistance bands, we'll help you break a sweat and build strength together. No mats required, just come ready to move and challenge yourself!

Intensity: Moderate, with modifications offered for all

Instructor: Seth Tasetano

Program Code: 8067

Wednesdays, 8:30-9:30 am, January 10 through March 13

Lifestyle Fitness and Yoga: 35 Violet Ave, Poughkeepsie, NY 12601

Hudson Valley Region