



# In-Person Hudson Valley

## Core and Cardio

**Mondays, July 7–November 17 12:30–1:30 pm**

**Lifestyle Fitness & Yoga:**

**35 Violet Avenue, Poughkeepsie**

Join us for a dynamic low-impact class designed to elevate your heart rate and strengthen your core muscles. With the added challenge of resistance bands, we'll help you break a sweat and build strength together.

## Chair Zumba

**Wednesdays, July 9–November 19 2–3 pm**

**Kingston Senior Hub:**

**1003 Development Court, Kingston**

In Partnership with the Ulster County Office for the Aging. Take a seat and get ready for a dance fitness workout! The class will feature seated movements that help to improve balance, coordination, and overall strength.



## Watch Anytime, Anywhere, New On-Demand Videos!

Explore our collection of on-demand videos—featuring guided meditations, energizing fitness classes, and educational webinars.

