

Living Well Programs Schedule

The MVP Health Promotions team, in collaboration with our community partners, is pleased to provide you with innovative health and well-being programs. MVP Living Well virtual programs are offered to all members and nonmembers alike, unless otherwise noted.

Registration for all classes will open at 8 am on Tuesday, August 29.

Visit mvphealthcare.com/calendar to register for all classes and for full class details. Space is limited and registration is required.

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY 711). Class schedules are subject to change. Visit mvphealthcare.com/calendar for final program details.

Ongoing Virtual Fitness Programs

Gentle Yoga Moves

Mondays, September 11–November 13 8–9 am

Increased flexibility, strength, and balance through a series of seated and standing yoga poses.

Power and Balance Total Body Workout

Tuesdays, September 12–November 14

9:30–10:15 am

Timed exercises for total body resistance training, core and balance exercises, and low-impact aerobics.

Bokwa Dance Moves: Hybrid

Tuesdays, September 12–November 14

12–1 pm

An energizing cardio routine that uses the shape of letters and numbers for dance steps.

Chair Moves

Tuesdays, September 12–November 14 1–2 pm

A chair-based class that emphasizes strengthening and stretching exercises for upper and lower limbs.

15-Minute Chair Yoga Break

Wednesdays, September 13–November 15

10:30–10:45 am

This brief chair yoga session will reset the mind and body, keeping you refreshed for the rest of your day.

Latin Moves and Toning: Hybrid

Wednesdays, September 13–November 15

12–12:45 pm

Fast and slow, low-impact exercises set to Latin and dance rhythms, and incorporating light weights.

Stretch and Strengthen

Thursdays, September 14–November 16 10–11 am

Move through timed exercises at your own pace to stretch and strengthen.

Pelvic Floor Health

Thursdays, September 14–November 16

12–12:30 pm

Strengthen muscles in the pelvic floor for increased abdominal strength and pelvic control.

Tai Chi for Health and Fall Prevention

Fridays, September 15–November 17

9:30–10:30 am

The benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Featured Virtual Programs

Addiction RECOVERY Resources

Thursday, September 14

12:30–1 pm

Join Friends of Recovery–New York to discuss resources to support communities, people in recovery, families, and professionals.

What is Prehab?

Tuesday, September 19

12–1 pm

In partnership with Genesee Valley Physical Therapy. Learn about the potential benefits of prehab, a pre-surgery therapy plan, for anyone considering joint replacement procedures.

Knowledge is Power:

Breast Care and Imaging Technology

Wednesday, September 20

1–2 pm

Learn how the latest advancements are helping doctors find early breast cancers and saving lives.

Embracing Balance and Staying Steady

Thursday, September 21

2–3 pm

Tools and tips to help you preserve balance, maintain independence, and increase personal safety.

Walktober Challenge

Daily, October 2–29

A self-guided walking challenge encourages you to set a four-week step goal with tips and tricks to help.

Hip Mobility

Tuesday, October 3

12:15–1 pm

In partnership with Inward Office. Learn flexibility and strength building exercises to lubricate this joint.

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Most programs are free unless otherwise noted, and offered to all members and non-members alike, compliments of MVP.

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Western New York In-Person Programs

For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

Line Dancing

Tuesdays, September 12–November 14

9:30–10:30 am

**Brickstone by St. John's
1325 Elmwood Avenue, Rochester**

Learn basic steps to several classic line dancing styles. No experience or partner necessary.

Striders Walking Club

Tuesdays, September 12–November 14

9:30–10:30 am

**Perinton Park
99 O'Connor Road, Fairport**

Tuesdays, September 12–November 14

9:30–10:30 am

**Basil Marella Park
1015 English Road, Greece**

Wednesdays, September 13–November 15

9:30–10:30 am

**Kershaw Park
155 Lakeshore Drive, Canandaigua**

Move through strength and balance exercises, walk at your own pace, and reap the benefits of walking.

Tai Chi Moves

Thursdays, September 14–November 16

10–11 am

**Brickstone by St. John's
1325 Elmwood Avenue, Rochester**

Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Functional Fitness

Saturdays, September 16–November 18

10–11 am

**Que Fitness World
465 W. Commercial Street, East Rochester**

In partnership with Que Fitness World, Certified personal trainers lead you through total body movements, core strengthening, mat exercises and final meditation, and stretch lab.

Fall Woods Walk

Friday, September 29

10–11 am

**Tinker Nature Park
1525 Calkins Road, Henrietta**

Explore the woods in fall and observe signs of animals on Tinker's trails led by an expert naturalist.

Fall Hike

Tuesday, October 10

2–3:15 pm

**RMSC Cumming Nature Center
6472 Gulick Road, Naples**

Hike the trails and discover fall foliage and habitat led by an expert naturalist.

All About Apples

Friday, October 13

10–11 am

**Kirby's Farm Market
9739 W. Ridge Road, Brockport**

In partnership with Kirby's Farm. Learn all about apples, including healthy recipes, on this wagon tour of Kirby's orchard.

Rochester Public Market Cooking Demonstration

Saturday, October 14

9 am and 11 am

Learn and sample new recipes from a cooking demonstration using fresh, seasonal produce to make healthy, tasty dishes.

Visit mvphealthcare.com/calendar to register online for all classes.



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