



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 to register for all classes. Space is limited and registration is required.

Registration for the following classes will open at 8 am on Tuesday, December 13.

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

Western NY In-Person Programs

Ice Skating Voucher

In partnership with Bill Gray's Iceplex. Enjoy two complimentary ice rink admission tickets, limit one per household while supplies last.

Program Code: 6818

Beginning January 6

Bill Gray's Regional Iceplex: 2700 Brighton Henrietta Town Line Road, Rochester, NY 14623

Rochester region

Snowshoe or Cross-Country Ski Voucher

In partnership with Tinker Nature Park. Enjoy a complimentary snowshoe or cross-country ski voucher courtesy of MVP. One voucher per person; voucher can be redeemed during regular Tinker Nature Park hours of operation.

Program Code: 6800

Monday, January 9 through Tuesday, February 28

Tinker Nature Park: 1525 Calkins Road, Pittsford, NY 14534

Rochester region

Line Dancing

Learn basic steps to several classic line dancing styles to be dancing in no time! No experience or partner necessary.

Program Code: 6797

Tuesdays, 9:30-10:30 am, January 10 through March 14

St. John's Brickstone: 1325 Elmwood Avenue, Rochester, NY 14620

Rochester region

Sensational Circuits

Join certified personal trainer George Barnes for an intermediate fitness class, centering on the use of circuit training to improve physical well-being.

Program Code: 6710

Saturdays, 9:30-10:30 am, January 14 through February 18

Que Fitness World: 465 W. Commercial Street, East Rochester, NY 14445

Rochester region

Tinker Nature Park Winter Hike

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

Program Code: 6799

Friday, January 27, 10-11 am

Tinker Nature Park: 1525 Calkins Road, Pittsford, NY 14534

Rochester region