

Hudson Valley In-Person Programs

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

Registration for all classes will open at 9 am on Tuesday, March 25.

Register online for all classes at: mvphealthcare.com/calendar.

Registration is required and space is limited.

Chair Zumba at Ulster County Senior Hub

Wednesdays through June 11 2-3 pm

5 Development Court, Kingston

Geared toward active older adults, this low impact, easy-to-follow, Latin inspired dance fitness-party keeps you in the groove of life.

Striders Walking Club at Bowdoin Park

Wednesdays, April 9-June 11 8:30-9:30 am

85 Sheafe Road, Wappingers Falls

Move through strength and balance exercises and walk at your own pace.

Living Well



Visit mvphealthcare.com/calendar to see more program opportunities in this region and to register online for all classes!

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).