

Have fun while you get fit

Welcome to the Wellness Center. Here, you'll have access to gym equipment, exercise classes, and a membership with flexible hours to help you get into shape —on your schedule. Best of all, you'll also have medical support. That's something typical gyms can't say!

Our medical team creates a personalized wellness plan especially for you, based on your health history and goals. We put together an Initial Assessment and Orientation Package, and evaluate your physical fitness, wellness and capacity for exercise. Then we check your blood pressure, resting heart rate and weight, and use this information to create a customized exercise plan for you, including target heart rate and initial plan of action.

If you've completed rehabilitative therapy or have an ongoing medical condition—or just want to get into shape—consider the Wellness Center your partner in health.

Get to know the Wellness Center

Want more information? Schedule a tour of the Wellness Center? Give us a call at **(845) 871-4300**.
TTY/Accessibility **(800) 421-1200**

Hours

Monday–Thursday, 6 am–8 pm
Friday, 6 am–6 pm
Saturday, 7 am–2 pm
Sunday, 8 am–2 pm

Select UnitedHealthCare Medicare
Advantage accepted

Northern Dutchess Hospital

6511 Springbrook Avenue
Rhinebeck, NY 12572

Call us at
(845) 871-4300

TTY/Accessibility
(800) 421-1220

nuvancehealth.org



Northern Dutchess Hospital

Wellness made easy, fun and safe



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360° fitness

The Wellness Center offers a wide range of fitness services and the guidance of an interdisciplinary team, including fitness specialists and fitness trainers.

The Wellness Center

Individualized cardiovascular, flexibility and weight training programs designed for your specific needs.

Health risk assessments, including blood pressure measurement.

Medically supervised programs for those with special needs.

A variety of exercise classes including yoga/Pilates, strength, flexibility, balance, tai chi and seated aerobic exercise.

Personal one-on-one training.



Small group classes

Membership gives you unlimited access to group classes led by certified fitness trainers. Classes are kept to small groups of around 10 to 12 participants, so you can exercise with friends and get personal attention.

Tai chi: A Chinese martial art practice of precise movement to improve overall health and balance.

Sculpt/strength: Overall body sculpting using weights, resistance bands, exercise balls and your own body weight.

Pilates/stretch & yoga: A series of non-impact body poses to improve flexibility, strength, balance and posture while relieving stress.

Flexibility & balance: Exercises to improve balance, stability and flexibility.

Total body stretch: Stretching exercises to increase flexibility and relaxation.

Chair full body workout: Seated aerobic exercises designed to get your heart pumping for an extended period of time, along with strengthening and flexibility for the entire body.

Check out the Wellness Center group exercise schedule online at healthquest.org/WellnessCenter

New and existing classes

Prehab

Prehabilitation can help with recovery time and postoperative pain. Exercising before hip or knee surgery is prehab and may shorten your hospital stay. Range of motion, flexibility, strength and balance exercises are tailored to surgical patients' needs in a small class environment. Medical clearance/advance registration is required.

Moving for life

Exercise to music and have fun in this interactive and supportive class for cancer patients and survivors. Classes address the needs of anyone requiring accommodations or adaptations due to physical limitations, cancer treatment side effects or other challenges.

