



April 27 - June 8



1
Sign up at
WeGetFit.org
to get started.



2
Exercise for
at least 30 min.
at a Get Fit location.



3
Log your activity
for the chance
to win prizes.



4
Repeat for the
chance to win
better prizes!



PRIZES INCLUDE:

- Mohonk Mountain House day spa
- Sporting Goods Store gift cards
- Get Fit workout gear

180+ LOCATIONS

SEE REVERSE FOR SITES

BROUGHT TO YOU BY

VASSAR BROTHERS MEDICAL CENTER
PUTNAM HOSPITAL CENTER
NORTHERN DUTCHESSE HOSPITAL
SHARON HOSPITAL
HEALTH QUEST MEDICAL PRACTICE, P.C.



During the six-week challenge, exercise for at least 30 minutes at a Get Fit location or do our Workout of the Week. Then, log your fitness activity at WeGetFit.org. Show us your progress by using the hashtag #WeGetFit on social media.

CHECK OUT SOME OF OUR LOCATIONS!

Columbia County

- Copake Falls – Taconic State Park, [Copake](#)
- Olana State Historic Park, [Hudson](#)
- Planet Fitness, [Hudson](#)
- Sadhana Yoga, [Hudson](#)

Dutchess County

- All Sport Health & Fitness, [Fishkill](#)
- Appalachian Trail
- Body Be Well Pilates, [Red Hook](#)
- Bowdoin Park, [Wappingers Falls](#)
- Cary Institute of Ecosystem Studies, [Millbrook](#)
- Crunch Fitness, [Poughkeepsie](#)
- Dover Stone Church, [Dover](#)
- Drayton Grant Park at Burger Hills, [Rhinebeck](#)
- Dutchess County Government Loop, [Poughkeepsie](#)
- Dutchess County Rail Trail, [Multiple locations](#)
- ECS Exercise, [LaGrangeville](#)
- Ferncliff Forest, [Rhinebeck](#)
- Franklin D. Roosevelt Historic Site, [Hyde Park](#)
- Freedom Park, [LaGrange](#)
- Gold's Gym, [Fishkill](#)
- Gold's Gym, [LaGrange](#)
- Harlem Valley Rail Trail, [Multiple locations](#)
- Hudson Valley Dance Depot, [LaGrangeville](#)
- IXL Health & Fitness Club, [Rhinebeck](#)
- James Baird State Park, [Pleasant Valley](#)
- Locust Grove, [Poughkeepsie](#)
- Long Dock Park – Scenic Hudson, [Beacon](#)
- Mike Arteaga's Health & Fitness Center, [Poughkeepsie](#)
- Miles of Hope Family Fun Run/Walk, [LaGrangeville](#)
- Mills Mansion (Staatsburgh State Historic Site), [Staatsburg](#)
- Mills Norrie State Park (and Marina), [Staatsburg](#)
- Mount Beacon Park – Scenic Hudson, [Beacon](#)
- **Northern Dutchess Hospital, Rhinebeck**
- Northern Dutchess Hospital Wellness Center, [Rhinebeck](#)
- Nuclear Lake, [Pawling](#)
- Orangetheory Fitness, [Poughkeepsie](#)
- Planet Fitness, [LaGrange](#)
- Planet Fitness, [Poughkeepsie](#)
- Planet Fitness, [Wappinger](#)
- Poets' Walk Park – Scenic Hudson, [Red Hook](#)
- Poughkeepsie Recreation Department, [Poughkeepsie](#)
- **Red Wing Trails, LaGrangeville**
- Roosevelt Farm Lane Trail, [Hyde Park](#)
- Stitzel Field, [Poughkeepsie](#)
- Stringham Park, [LaGrange](#)
- **Taconic Crossings, LaGrangeville**
- Tivoli Bays, [Tivoli](#)
- Val-Kill (Eleanor Roosevelt National Historic Site), [Hyde Park](#)
- Vanderbilt Mansion, [Hyde Park](#)
- **Vassar Brothers Medical Center, Poughkeepsie**
- Walkway Over the Hudson, [Poughkeepsie](#)
- Warlock Athletics, [Poughkeepsie](#)
- Wilcox Memorial Park, [Standfordville](#)
- World Gym, [Pawling](#)

Litchfield County

- Alander Mountain
- Bash Bish Falls
- Bear Mountain/Mount Riga State Park, [Salisbury](#)
- Brace Mountain
- Burr Pond State Park, [Torrington](#)
- Campbell Falls State Park, [Norfolk](#)
- Energy Fitness Factory, [Torrington](#)
- Housatonic Meadows State Park, [Sharon](#)
- Kent Fitness Matters, [Kent](#)
- Lake Waramaug State Park, [Kent](#)
- Lions Head, [Salisbury](#)
- Macedonia Brook State Park, [Kent](#)
- Mary Moore Preserve, [Sharon](#)
- Mohawk Mountain State Forest, [Goshen](#)
- Mount Race, [Salisbury](#)
- Mount Tom State Park, [Washington Depot](#)
- Rands View, [Falls Village](#)
- **Sharon Hospital, Sharon**
- Studio Lakeville, [Lakeville](#)
- The Hotchkiss School, [Lakeville](#)
- The Litchfield Athletic Club, [Litchfield](#)
- White Memorial Conservation Center, [Litchfield](#)
- Yoga at SPACE, [Lakeville](#)

Orange County

- Appalachian Trail
- Planet Fitness, [Middletown](#)
- Schunnenmunk Mountain State Park, [New Windsor](#)

Putnam County

- Airport Park, [Mahopac](#)
- Appalachian Trail
- Clarence Fahnestock State Park, [Carmel](#)
- Donald B. Smith County Government Campus
- Gold's Gym, [Carmel](#)
- Mahopac Lake, [Mahopac](#)
- Putnam County Department of Health
- Putnam County Office Building
- Putnam County Trailway, [Multiple locations](#)
- **Putnam Hospital Center, Carmel**
- Sycamore Park, [Carmel](#)
- Training for Warriors, [Mahopac](#)

Ulster County

- Black Creek Preserve, [Esopus](#)
- Catskill Forest Preserve
- Dietz Stadium, [Kingston](#)
- Falling Waters Preserve – Scenic Hudson, [Saugerties](#)
- Further Fitness, [Kingston](#)
- High Banks Preserve – Scenic Hudson, [Ulster Park](#)
- Hudson Valley Rail Trail, [Highland](#)
- Huguenot Strength & Conditioning, [New Paltz](#)
- IXL Health & Fitness Club, [Saugerties](#)
- Mike Arteaga's Health & Fitness Center, [Highland](#)
- Minnewaska State Park Preserve, [Kerhonkson](#)
- Mohonk Preserve, [Gardiner](#)
- O&W Hurley Rail Trail, [Hurley](#)
- Planet Fitness, [Kingston](#)
- Wallkill Valley Rail Trail, [Multiple locations](#)

Check out some of our 180+ locations, visit:

WEGETFIT.ORG/LOCATIONS