Here is the plain text representation of the document:

"This specific class was a phenomenal phenom. It was unique. It was meaningful," she said. "They were super smart. They were quick communicators, they challenged us, they had opinions."

Hutton said the class program kicked off with a two-day retreat at the Emerson Resort & Spa. The class then met bi-weekly with some of Ulster County's top political and business leaders, who offered guidance on their leadership styles.

"Many of the speakers shared hearing from the leader who was part of the class," Hutton said. "We felt it out of our comfort zone the class started, but that diminished once he heard from the leader.

"After only a few sessions and listening to their stories, it reminded me of why I chose to join this class in the first place," he said. "This was to be able to grow and understand it means to be a leader. While speaking with the leader, I was able to retain so much knowledge in such a short amount of time."

Norton said the speakers taught her "about the leader's past and what to be" in the future. "Our speakers have inspired me with their stories and perspectives," she said. "This program has helped me build my leadership skills and provide new opportunities."

"After listening to multiple professionals in the community, one takeaway I have is to make mistakes, but how you react and learn from those mistakes is key," Naccarato said.

Maisenheder said she took something away with her classmates "grew in our personal and professional lives."

"This program has enhanced and molded my vision and leadership skills," Mills said. "I have learned greatly from everyone present. I have come to believe their experience and knowledge are the most rich source of information for every person that attends this program."

"I will continue to apply all I have learned in my job and always lead from the front—always leading by example."

"As we all move forward professionally and personally, remember that the stories you have from your professional lives, your personal lives, your work in the community. Those stories and these experiences have value," she said. "They have value to the people who come after you. Be willing to share those stories because it's those things that matter to us. We all learn from them."

The class project this year was a Valentine's Day raffle that raised $8,000 for scholarships for future Leadership Ulster attendees.

Kulick said applications for the Class of 2023 are due Aug. 1 and can be found on the Chamber Foundation website or ulsterchamberfoundation.org. Scholarships are available for non-profit organizations. Kulick said she already has received 12 applications.

"We are getting applications very early this year," she said. "If you're thinking about coming, get your application in because we may have to close in this class.

Leadership Ulster is holding a 30th anniversary this year on Sept. 19 at Twaalfkeg Golf Club. Two alumni will enter the program’s Hall of Fame. Joe Backer, Vice President of Timmy Signs in Kingston, and Josh Dave, the Chamber’s Director of Membership.

Anyone interested in being a part of Leadership Ulster's Class of 2023 can go online to ulsterchamber.com, or call Kulick at 843-338-1300, ext. 6.
Josephine Michaud-Denier wants just an hour of your time. If you come to one of her classes at Core Cardio Kickboxing Club, she can almost guarantee you’ll be back.

“It’s super addictive. You don’t realize what your body and mind can do in an hour. You will walk away feeling strong. You’ll feel like you can take on anything,” said Michaud-Denier, the owner of the studio at 120 State Route 28 in Kingston.

The mother of two who works in the food and beverage industry said she tried it out five years ago and got seriously hooked.

“I always loved boxing and had taken classes in my late teens and early twenties. One day, I decided to take a kickboxing class at a franchise and found that the experience was so much more. It involved a full-body and high-energy workout. The amount of strength and confidence you gain is astounding. Totally fell in love.”

According to Michaud-Denier, kickboxing—not only melts fat fast and tones muscles sharply, but it improves coordination and helps one’s mental state.

“I had such anxiety issues when I couldn’t do this because of work demands, but after I went back to kickboxing three times a week, I no longer suffered from anxiety. That’s why I say, ‘Give me an hour of your time.’ Those things will still be there, but you’re going to see them a whole lot differently.”

Michaud-Denier was so smitten by the sport that she formed her own studio in late 2019. The Saugerties-based franchise where she was a member announced one day that it was closing, and she and a group of members mobilized.

“We had police officers, teachers, chefs, and mailmen. The franchise had two instructors and a cleaning person. The entire group of people who were part of it said, ‘No one is going to do this to us. We’re all on board,’ so I found a place, bought all the equipment, and made it happen.”

Core Cardio Kickboxing Club, housed in Sport of Iron Fitness, is what Michaud-Denier refers to as “a slice of heaven,” which includes heavy-duty punching bags and enough space for 11 students per class.

Most of the members at the franchise followed her to the new studio, and she’s picked up several more along the way, including soccer, softball, and hockey players and even a woman who trains for triathlons.

“Honestly, this is not just for the conditioned athlete. It’s for everybody,” Michaud-Denier said. “Maybe you can’t kick above the waist, and that’s OK. People know their limitations. The only thing you see is at her eye level. Our instructor who recently had open-heart surgery, he’s modificing. That’s what makes kickboxing great. It’s about you and your needs, although that doesn’t mean I won’t push you to make you do more. At the last location, our members really manifested during the pandemic when the state closed gyms to curb the COVID-19 spread. Not only did she and her instructors like Hayli Hall offer Zoom classes to keep her members fit, but she improvised at Ulster Landing Park once the state lifted restrictions on outdoor gatherings.

“We actually tied pillows onto trees, so we’d have something the kids could use to kick bags outside. We were on uneven ground, and it was somewhat challenging, but so was it for her and everybody else. We were wearing masks.”

Besides, there’s nothing sexier than being able to kick some butt and look great doing it. Kickboxing’s intensity means you’ll see improvements and results quickly,” she said.

Typical classes include warm-ups and stretches followed by bag training and partner drills. Michaud-Denier stressed they are not sparring sessions. She added that one of the best things about Core Cardio is how the membership works.

“I don’t do contracts,” she said. “This is not only a business. It’s about being strong, motivated, and clean. We’re not like a gym. We’re not like a franchise. It’s about you. I want people to know that I do this because I love it.”

Core Cardio Kickboxing Club, located at 120 State Route 28 in Kingston, can be reached at (845) 426-6991 or corecardiokickboxing.com.

ChamberNews
The official publication of the Ulster County Regional Chamber of Commerce is a special advertising section to the Daily Freeman

PO Box 4470, Kingston, NY 12402 – A Media News Group publication

Kevin Corrado, Publisher
Michele Sisco-Martin, Graphic Designers

To advertise, please call (845) 331-6000. To subscribe, please call (888) 699-7699.

DAILY FREEMAN

UPCOMING CHAMBER EVENTS

Tuesday July 26 | 5:00 - 7:00 pm Networking Mixer @ Hutton Brickyards 200 North Street | Kingston NY There is no cost for Members and Prospective Members. Reservations are required.

Sponsor: Marshall & Sterling Insurance

Nomination Deadline Friday July 29 | 5:00 pm Business Recognition Award Nominations Nominations are required for your favorite Business, Business Leader or Organizer. Nominations form available online at www.UlsterChamber.org

Tuesday July 27 | 5:30 cocktails 6:30 Dinner Business Awards Recognition Dinner Interested in Sponsorship Opportunities? Contact Ward Todd 845.338.5100 x2

More Info and Registration UlsterChamber.org Questions (845) 338-5100
Besides, there’s nothing sexier than being able to kick some butt and look great doing it. Kickboxing’s intensity means you’ll see improvements and results quickly,” she said.

Typical classes include warm-ups and stretches followed by bag training and partner drills. Michaud-Denier stressed they are not sparring sessions. She added that one of the best things about Core Cardio is how the membership works.

“I don’t do contracts,” she said. “This is not only a business. It’s about us being strong, motivated, clear and aware. We’re not like a gym. We’re not like a franchise. It’s about you. I want people to know that I do this because I love it.”

Core Cardio Kickboxing Club, located at 120 State Route 28 in Kingston, can be reached at (845) 428-6991 or corecardiokickboxing.com.