



The Clubhouse is a welcoming and supportive space where clients can find connection, and obtain skills and recourses to help them advance in life and overcome challenges.

MEN'S CLUBHOUSE

- Brand new location
- (Across Airmont location)
- Open Monday - Thursday
- Ages 18+
- Awesome activities including BBQs, hiking, biking, bowling and more!
- Life skills & wellness programs, including professional workshops, personal training, krav Maga and more!
- Game room, firepit, pool table, arcades, basketball court and more!
- Fully stocked kitchen with snacks and drinks
- Transportation available for offsite activities

Clubhouse Address:
375 NY RT 59, Airmont NY



Men's Weekly Schedule

WINTER 2025

MONDAY

11:00- 2:00

BRUNCH

6:00 - 7:00

DINNER

7:00 - 9:00

DINNER

TUESDAY

11:00 - 1:00

BRUNCH

5:30 - 6:30

Offsite

6:30 - 8:30

DINNER

YOGA/SPORTS

Led by: Ari Stern & Avrum Chaim Posluns

Start your day with vitality and peace! Join us for a harmonious blend of movement, breath, and mindfulness. All levels welcome!

GYM WORKOUT

RAMAPO ATHLETIC TRAINING CENTER

Led by: Ari Stern & Avrum Chaim Posluns

Led by our personal trainer with benefits such as reducing stress, improving mood, boosting self-esteem, increasing energy levels, enhancing focus and concentration, building physical strength and developing healthy habits. All levels welcomed.

Professional Workshop

Led by: Ari Stern, Dovid Moeller & Noam Rothner

Designed to provide members with support on many aspects of their professional and financial life in specially crafted workshops.

BAGEL AND SCHMOOZE

Led by: Ari Stern & Avrum Chaim Posluns

A group that delves into stimulating discussions by exploring a variety of articles, sparking engaging dialogues and expanding perspectives among participants.

GYM WORKOUT

RAMAPO ATHLETIC TRAINING CENTER

Led by: Ari Stern & Noam Rothner

Led by our personal trainer with benefits such as reducing stress, improving mood, boosting self-esteem, increasing energy levels, enhancing focus and concentration, building physical strength and developing healthy habits. All levels welcomed.

HEALTH & WELLNESS

Led by: Ari Stern & Noam Rothner

Join our wellness group to connect with like-minded individuals and receive valuable health tips and resources to help you achieve a happier, healthier lifestyle.

WEDNESDAY

1:30 - 3:30

BRUNCH

Offsite

Shuttle leaves at 1:00 PM

6:30 - 8:30

DINNER

SELF DEFENSE

Led by: Ari Stern & Avrum Chaim Posluns

Join us at Power MMA Krav Maga (1621 US-202) for a hands-on training experience focused on personal empowerment and self-defense. No experience needed.

GAME NIGHT

Led by: Avrum Chaim Posluns, Ari Stern & Noam Rothner

Embark on a mindful journey where captivating ideas intertwine with deep reflections, surrounded by delectable food and the warmth of wonderful company, creating a space of literary exploration and soulful connection.

THURSDAY

11:00 - 1:00

BRUNCH

7:00 - 9:00

DINNER

VOCATIONAL

Led by: Avrum Chaim Posluns & Ari Stern

11:15 AM - 1:15 PM

Members can learn new skills, training and empowerment opportunities, enjoy great food, and cultivate confidence and independence, fostering personal growth and development.

THURSDAY NIGHT CHILL

Led by: Avrum Chaim Posluns, Ari Stern & Josh Rosen

A night to chill with others and connect, filled with good food, games, bonfire, and engaging programming, providing a welcoming and lively environment where members can unwind and have fun.