

# aerobic dance!

the '80s  
are back,  
baby!

An exciting choreographed dance program designed for all levels of fitness. This energized program offers easy-to-follow dance routines designed to increase heart and lung function and improve muscular endurance and conditioning. Hand weights (optional) and floor mats are suggested for the stretching/body toning segment of class.

Instructor: Sharron Simmonds

FOR | Ages 18 & Up

WHEN | Mondays, Tuesdays & Thursdays  
October 15-December 13 (No Class 11/12 & 11/22/18)

TIME | 6:00-7:00 pm

WHERE | Queensbury Elementary School Gym

FEES | 1 X per week: \$36 Resident; \$46 Non-Resident  
2 X per week: \$72 Resident; \$82 Non-Resident  
3 X per week: \$100 Resident; \$110 Non-Resident

Class Maximum: 30

# aquaerobics

The Queensbury Parks & Recreation Department offers a twice-per-week safe, effective water workout including warm-up, stretching and toning, aerobic movements and cool-down, all set to music. The buoyancy and support of the water makes exercise less stressful on the joints.

Instructor: Jackie Bachem

FOR | Ages 18 & Up

WHEN | Tuesdays & Thursdays  
Session 1: September 4-October 25  
Session 2: October 30-December 20 (No Class 11/22/18)

TIME | 6:15-7:15 pm

WHERE | Queensbury Elementary School Pool

FEES | Session 1: \$56 Resident; \$66 Non-Resident  
Session 2: \$53 Resident; \$63 Non-Resident

Class Minimum: 10 | Class Maximum: 30

## Adult Fitness Programs

Updated for  
FALL-SPRING  
2018-2019

*Programs for all levels  
and abilities!*



*Increase your fitness level by joining in the fun!*

# zumba!

Are you ready to have fun and get into shape both at the same time? Do something good for yourself and join the Zumba fitness craze! The Zumba® program is a Latin-inspired, calorie-burning program that provides an effective cardiovascular workout, while toning the body. Class Instructor, Ann Giroux, is licensed to teach Zumba® Fitness and Zumba Gold®. Ann will guide you through easy-to-follow dance moves. Dance your way to good health and enjoy doing it! Register today for a spot in this exciting and fun program!

Instructor: Ann Giroux

FOR | Ages 18 & Up

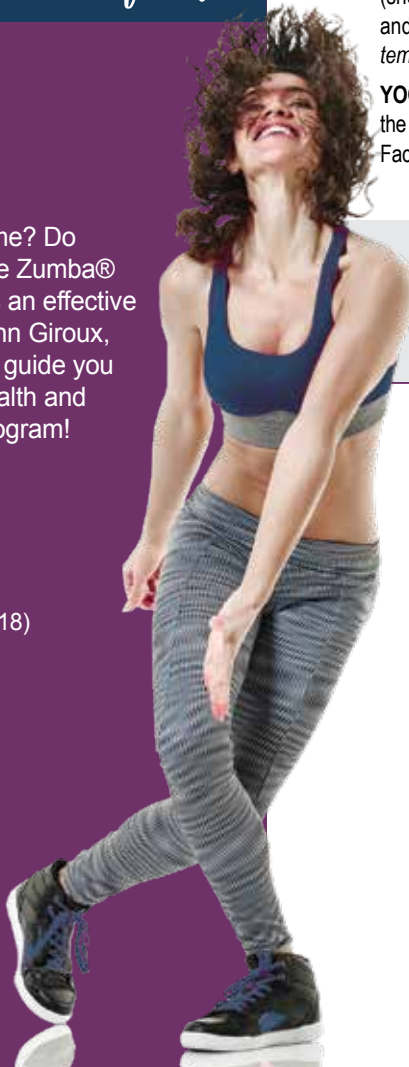
WHEN | Thursdays  
Session 1: September 20-October 25  
Session 2: November 1-December 20 (No Class 11/22/18)  
Session 3: January 3-February 28  
Session 4: March 7-April 11  
Session 5: April 18-May 30 (No Class 5/9/19)

TIME | 11:00 am-12:00 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1, 4 & 5: \$30 Resident; \$40 Non-Resident  
Session 2: \$35 Resident; \$45 Non-Resident  
Session 3: \$45 Resident; \$55 Non-Resident

Class Maximum: 20



### ADULT EXERCISE CANCELLATION POLICY | QUEENSBURY ACTIVITY CENTER PROGRAMS

**STRETCH & TONE:** If the Queensbury Union Free School District is closed or delayed due to inclement weather (snow or ice storms creating poor road conditions), Stretch & Tone will be CANCELED. Please check the local TV and radio stations for school closings. *However, this does not include school closings or delays due to outdoor temperatures or non-weather circumstances. The class cancellation is related to hazardous road conditions only.*

**YOGA:** Yoga programs will be canceled based upon road conditions due to inclement weather and/or the severity of the weather. Cancellation announcements will be available via the Department website ([recreation.queensbury.net](http://recreation.queensbury.net)), Facebook, Email notification, and the Rained-Out Cancellation Alert notification system.



Get up-to-the-minute cancellation alerts by text or email. Sign up on [recreation.queensbury.net](http://recreation.queensbury.net) (click on icon at top of page).

## registration information

Online: [recreation.queensbury.net](http://recreation.queensbury.net)

In Person: Queensbury Parks & Recreation Department  
742 Bay Road, Queensbury NY 12804  
8:00 am-4:30 pm, Monday-Friday

*The Department reserves the right to either cancel, change, or alter any program schedule based on availability of staff, facility, and/or enrollment.*



742 Bay Road, Queensbury NY 12804 | (518) 761-8216  
[recreation.queensbury.net](http://recreation.queensbury.net)

# Get your sweat ON!



Queensbury  
**PARKS & RECREATION**

# yoga with a gentletouch

monday yoga

Join us for the powerful healing discipline that works with breathing techniques, positive thinking, posture control and relaxation exercises to cleanse and re-energize the mind, body, and spirit. Rejuvenates the immune system.

Certified Instructor: Jennifer Scoville

Please bring a yoga mat or non-slip mat for floor exercises.

FOR | Ages 18 & Up

WHEN | Mondays

- Session 1: September 10-October 29 (No Class 10/8/18)
- Session 2: November 5-December 17 (No Class 11/12/18)
- Session 3: January 7-February 25 (No Class 1/21 & 2/18/19)
- Session 4: March 4-April 8
- Session 5: April 15-May 20

TIME | 10:15-11:15 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$56 Resident; \$66 Non-Resident  
Sessions 2-5: \$48 Resident; \$58 Non-Resident

Class Minimum: 10 | Class Maximum: 20

BEST VALUE!

Register for 3 or more different Adult Exercise programs — Yoga, Stretch & Tone, Zumba, or Aquaerobics — in one transaction and receive \$10 off your total registration fee!

# yoga tuesday

gentle level

Join us for the powerful healing discipline that works with breathing techniques, positive thinking, posture control, and relaxation exercises to cleanse and re-energize the body and rejuvenate the immune system. A soft approach with modification when necessary.

Certified Instructor: Jennifer Scoville

Please bring a yoga mat or non-slip mat for floor exercises.

FOR | Ages 18 & Up

WHEN | Tuesdays

- Session 1: September 11-October 30
- Session 2: November 13-December 18
- Session 3: January 8-February 26
- Session 4: March 5-April 9
- Session 5: April 16-May 21 (No Class 5/7/19)

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 3: \$64 Resident; \$74 Non-Resident  
Sessions 2 & 4: \$48 Resident; \$58 Non-Resident  
Session 5: \$40 Resident; \$50 Non-Resident

Class Minimum: 10 | Class Maximum: 20

# easy does it modified chair yoga

thursday yoga

Easy Does It—Modified Chair Yoga is a program designed to identify and meet special needs. General goals are to increase energy flow through movement, conscious breathing, and meditative techniques. No matter what your physical condition may be, there is something in this program for you. Enhance your feeling of well-being and join today!

Certified Instructor: Jennifer Scoville

Bring a yoga mat or non-slip mat (slip-guard socks) for standing poses. NO floor exercises required. Wear comfortable clothing.

FOR | Ages 18 & Up

WHEN | Thursdays

- Session 1: September 20-November 1
- Session 2: November 8-December 20 (No Class 11/22/18)
- Session 3: January 3-February 28
- Session 4: March 7-April 11
- Session 5: April 18-May 30 (No Class 5/9/19)

TIME | 9:45-10:45 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$49 Resident; \$59 Non-Resident  
Sessions 2, 4 & 5: \$42 Resident; \$52 Non-Resident  
Session 3: \$63 Resident; \$73 Non-Resident

Class Minimum: 10 | Class Maximum: 20

# easy does it modified chair yoga

monday yoga

Easy Does It—Modified Chair Yoga is a program designed to identify and meet special needs. General goals are to increase energy flow through movement, conscious breathing, and meditative techniques. No matter what your physical condition may be, there is something in this program for you. Enhance your feeling of well-being and join today!

Certified Instructor: Jennifer Scoville

Bring a yoga mat or non-slip mat (slip-guard socks) for standing poses. NO floor exercises required. Wear comfortable clothing.

FOR | Ages 18 & Up

WHEN | Mondays

- Session 1: September 10-October 29 (No Class 10/8/18)
- Session 2: November 5-December 17 (No Class 11/12/18)
- Session 3: January 7-February 25 (No Class 1/21 & 2/18/19)
- Session 4: March 4-April 8
- Session 5: April 15-May 20

TIME | 11:30 am-12:30 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$49 Resident; \$59 Non-Resident  
Sessions 2-5: \$42 Resident; \$52 Non-Resident

Class Minimum: 10 | Class Maximum: 20

# yoga wednesdayPM

all-level yoga

The P.M. class you've been asking for! This YOGA class will be working on:

- Posture Practice
- Breathing Techniques
- Guided Meditation

Certified Instructor: Jennifer Scoville

Please bring a yoga mat or non-slip mat for floor exercises.

FOR | Ages 18 & Up

WHEN | Wednesdays

- Session 1: September 12-October 31
- Session 2: November 7-December 19 (No Class 11/21/18)
- Session 3: January 2-February 27
- Session 4: March 6-April 10
- Session 5: April 17-May 29 (No Class 5/8/19)

TIME | 4:30-5:30 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$64 Resident; \$74 Non-Resident  
Sessions 2, 4 & 5: \$48 Resident; \$58 Non-Resident  
Session 3: \$72 Resident; \$82 Non-Resident

Class Minimum: 10 | Class Maximum: 20

# stretch & tone

Stretch & Tone is a unique low-impact exercise program for men and women that includes stretching, aerobic and toning activity, and relaxation techniques; all set to music. If necessary, consult with your doctor before starting this or any other exercise program. Classes taught by a certified instructor

Instructor: Ann Giroux

Register today for a spot in this exciting and fun program!

FOR | Ages 18 & Up

WHEN | Tuesdays & Thursdays

- Session 1: September 11-November 1 (No Class 9/13/18)
- Session 2: November 8-December 20 (No Class 11/22/18)
- Session 3: January 3-February 28
- Session 4: March 5-April 11
- Session 5: April 16-May 30 (No Class 5/7, 5/9 & 5/28/19)

TIME | 8:30-9:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$53 Resident; \$63 Non-Resident  
Sessions 2 & 4: \$42 Resident; \$52 Non-Resident  
Session 3: \$60 Resident; \$70 Non-Resident  
Session 5: \$39 Resident; \$49 Non-Resident

Class Minimum: 12 | Class Maximum: 35

