

aerobic dance!

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

Session 2: January 2-March 29 (No Class 1/15, 2/19, 2/20, 2/22, 2/26, 2/27 & 3/1)

Session 3: April 9-June 14 (No Class 5/28)

TIME | 6:00-7:00 pm

WHERE | Queensbury Elementary School Gym (April 30-June 14 WHBI Gym)

FEES | Session 2: 1 X per week: \$44 Resident; \$54 Non-Resident
2 X per week: \$88 Resident; \$98 Non-Resident
3 X per week: \$124 Resident; \$134 Non-Resident

Session 3: 1 X per week: \$40 Resident; \$50 Non-Resident
2 X per week: \$80 Resident; \$90 Non-Resident
3 X per week: \$116 Resident; \$126 Non-Resident

Class Maximum: 30

the '80s
are back,
baby!

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 12-November 2 (No Class 9/28, 10/3 & 10/5)

Session 2: November 7-December 21 (No Class 11/23)

Session 3: January 2-February 15 (No Class 1/23, 1/25, 1/30 & 2/1)

Session 4: February 27-April 12 (No Class 4/3 & 4/5)

Session 5: April 17-May 31

TIME | 6:15-7:15 pm

WHERE | Queensbury Elementary School Pool

FEES | Sessions 1 & 2: \$46 Resident; \$56 Non-Resident

Session 3: \$35 Resident; \$45 Non-Resident

Session 4: \$42 Resident; \$52 Non-Resident

Session 5: \$49 Resident; \$59 Non-Resident

Class Minimum: 10 | Class Maximum: 30

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 14-November 2 (No Class 9/28)

Session 2: November 9-December 21 (No Class 11/23)

Session 3: January 4-March 1

Session 4: March 8-April 12

Session 5: April 19-May 31 (No Class 5/10)

TIME | 11:00 am-12:00 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1: \$35 Resident; \$45 Non-Resident
Sessions 2, 4 & 5: \$30 Resident; \$40 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), 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 (click on icon at top of page).

registration information

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

Online: recreation.queensbury.net

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

Adult Fitness Programs

Updated for
FALL-SPRING
2017-2018

Programs for all levels and abilities!



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.

Instructor: Jane Welch, RYT Certified Kripalu Instructor.

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

FOR | Ages 16 & Up

WHEN | Mondays

Session 1: September 11-October 30 (No Class 10/9)

Session 2: November 6-December 18

Session 3: January 8-February 26 (No Class 1/15 & 2/19)

Session 4: March 5-April 9

Session 5: April 16-May 21 (No Class 5/7)

TIME | 10:15-11:15 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 2: \$56 Resident; \$66 Non-Resident

Sessions 3 & 4: \$48 Resident; \$58 Non-Resident

Session 5: \$40 Resident; \$50 Non-Resident

Class Minimum: 10 | Class Maximum: 20

Please Note: Cancellation Policies on Back Panel.

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!

Instructor: Jane Welch, RYT Certified Kripalu Instructor.

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 11-October 30 (No Class 10/9)

Session 2: November 6-December 18

Session 3: January 8-February 26 (No Class 1/15 & 2/19)

Session 4: March 5-April 9

Session 5: April 16-May 21 (No Class 5/7)

TIME | 11:30 am-12:30 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 2: \$49 Resident; \$59 Non-Resident

Sessions 3 & 4: \$42 Resident; \$52 Non-Resident

Session 5: \$35 Resident; \$45 Non-Resident

Class Minimum: 10 | Class Maximum: 20

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.

Instructor: Jane Welch, RYT Certified Kripalu Instructor.

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

FOR | Ages 16 & Up

WHEN | Tuesdays

Session 1: September 12-October 31 (No Class 10/10)

Session 2: November 14-December 19

Session 3: January 2-February 27

Session 4: March 6-April 10

Session 5: April 17-May 29 (No Class 5/8 & 5/22)

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1: \$56 Resident; \$66 Non-Resident

Sessions 2 & 4: \$48 Resident; \$58 Non-Resident

Session 3: \$72 Resident; \$82 Non-Resident

Session 5: \$40 Resident; \$50 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

Instructor: Jane Welch, RYT Certified Kripalu Instructor.

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

FOR | Ages 16 & Up

WHEN | Wednesdays

Session 1: September 13-November 1

Session 2: November 8-December 20 (No Class 11/22)

Session 3: January 3-February 28

Session 4: March 7-April 11

Session 5: April 18-May 30 (No Class 5/9)

TIME | 4:15-5:15 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

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!

Instructor: Jane Welch, RYT Certified Kripalu Instructor.

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 14-November 2 (No Class 9/28)

Session 2: November 9-December 21 (No Class 11/23)

Session 3: January 4-March 1

Session 4: March 8-April 12

Session 5: April 19-May 31 (No Class 5/10)

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

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 12-November 2 (No Class 9/28 & 10/10)

Session 2: November 9-December 21 (No Class 11/7 & 11/23)

Session 3: January 2-March 1

Session 4: March 6-April 12

Session 5: April 17-May 31 (No Class 5/8, 5/10 & 5/22)

TIME | 8:30-9:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$49 Resident; \$59 Non-Resident

Sessions 2 & 4: \$42 Resident; \$52 Non-Resident

Session 3: \$63 Resident; \$73 Non-Resident

Session 5: \$39 Resident; \$49 Non-Resident

Class Minimum: 12 | Class Maximum: 35

