

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
September 11-December 14
(No Class 10/9 & 11/23/17)

TIME | 6:00-7:00 pm

WHERE | Queensbury Elementary School Gym

FEES | 1 X per week: \$56 Resident; \$66 Non-Resident
2 X per week: \$112 Resident; \$122 Non-Resident
3 X per week: \$160 Resident; \$170 Non-Resident

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: June 8-29
Session 2: July 6-27
Session 3: August 3-31

TIME | 11:00 am-12:00 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 2: \$20/session Resident; \$30/session Non-Resident
Session 3: \$25 Resident; \$35 Non-Resident

Class Maximum: 20



WAIT!
There's More!

Additional Sports & Fitness Programs for Adults:

- Introduction to Pickleball for Adults
- Adult Golf Lessons • Women's Beginner Golf Clinic
- Co-ed Adult Volleyball • Women's Volleyball
- Men's Over 30 Summer Basketball
- Men's Over 30 Fall Basketball
- Men's Fall Basketball • Morning Swim
- Mountain Bike Clinics & Rides

registration information

Online: 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

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: June 6-29 (No Class 6/22/17)
Session 2: July 6-20
Session 3: August 1-31

TIME | Session 1: 6:15-7:15 pm
Sessions 2 & 3: 7:00-8:00 pm (Note: Time changes to 6-7 pm on 8/22)

WHERE | Session 1: Queensbury Elementary School Pool
Sessions 2 & 3: Gurney Lane Pool *Please Note: The facilities bathhouse will be locked after open swims conclude, once the public has exited the pool and changing areas.*

FEES | Session 1: 2 X Week: \$25 Resident; \$35 Non-Resident
Session 2: 1 X Week: \$11 Resident; \$21 Non-Resident
2 X Week: \$18 Resident; \$28 Non-Resident
Session 3: 1 X Week: \$18 Resident; \$28 Non-Resident
2 X Week: \$35 Resident; \$45 Non-Resident

Class Minimum: 10 | Class Maximum: 30

INCLEMENT WEATHER: In case of severe, inclement weather conditions, class will be cancelled and make-up days used. Determination to be decided by 4:00 pm on the day of class, based on current weather conditions, hourly forecast, and radar.

Adult Fitness Programs

SUMMER
2017



Get your sweat ON!

Programs for all
levels and abilities!



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: June 5-26

Session 2: July 3-31

Session 3: August 7-28

TIME | 10:15-11:15 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 3: \$32/session Resident; \$42/session Non-Resident
Session 2: \$40 Resident; \$50 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: June 6-27

Session 2: July 11-August 1

Session 3: August 8-29

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1-3: \$32/session Resident; \$42/session 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: June 8-29

Session 2: July 6-August 3

Session 3: August 10-31

TIME | 9:45-10:45 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 3: \$28/session Resident; \$38/session Non-Resident
Session 2: \$35 Resident; \$45 Non-Resident

Class Minimum: 10 | Class Maximum: 20

NEW!

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!

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: June 5-26

Session 2: July 3-31

Session 3: August 7-28

TIME | 11:30 am-12:30 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 3: \$28/session Resident; \$38/session Non-Resident
Session 2: \$35 Resident; \$45 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: June 7-28

Session 2: July 5-August 2

Session 3: August 9-30

TIME | 4:15-5:15 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 3: \$32/session Resident; \$42/session Non-Resident
Session 2: \$40 Resident; \$50 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: June 6-29

Session 2: July 6-27

Session 3: August 1-31

TIME | 8:30-9:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$28 Resident; \$38 Non-Resident
Session 2: \$25 Resident; \$35 Non-Resident
Session 3: \$35 Resident; \$45 Non-Resident

Class Minimum: 12 | Class Maximum: 35

