

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

Session 1: January 7-March 28 (No Class 1/21, 2/18, 2/19 & 2/21/19)

Session 2: April 1-June 13 (No Class 4/22, 4/23, 4/25 & 5/27/19)

TIME | 6:00-7:00 pm

WHERE | Queensbury Elementary School Gym

NOTE: April 29-June 13, program will meet in WHBI School Gym

FEES | Session 1: 1 X per week: \$44 Resident; \$54 Non-Resident
 2 X per week: \$88 Resident; \$98 Non-Resident
 3 X per week: \$128 Resident; \$138 Non-Resident

Session 2: 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

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 2: November 1-December 20 (No Class 11/22/18)

Session 3: January 3-February 28

Session 4: March 7-April 11

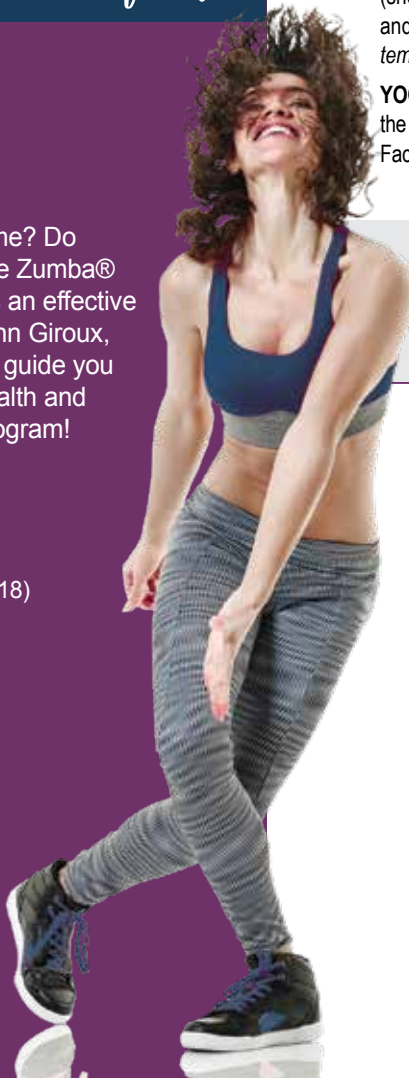
Session 5: April 18-May 30 (No Class 5/9/19)

TIME | 11:00 am-12:00 pm

WHERE | Queensbury Activity Center, 742 Bay Road

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

Class Maximum: 20



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 2: October 30-December 20 (No Class 11/22/18)

Session 3: January 3-February 14

Session 4: February 26-April 18 (No Class 2/28 & 3/5/19)

Session 5: April 30-May 30

TIME | 6:15-7:15 pm

WHERE | Queensbury Elementary School Pool

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

Session 3: \$46 Resident; \$56 Non-Resident

Session 4: \$49 Resident; \$59 Non-Resident

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

Class Minimum: 10 | Class Maximum: 30

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

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.



Queensbury
**PARKS &
RECREATION**

742 Bay Road, Queensbury NY 12804 | (518) 761-8216

recreation.queensbury.net

Adult Fitness Programs

Updated for
FALL-SPRING
2018-2019

*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.

Certified Instructor: Jennifer Scoville

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

FOR | Ages 18 & Up

WHEN | Mondays

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 | Sessions 2-5: \$48 Resident; \$58 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. 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 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 2 & 4: \$48 Resident; \$58 Non-Resident
Session 3: \$64 Resident; \$74 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 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 | Sessions 2, 4 & 5: \$42 Resident; \$52 Non-Resident
Session 3: \$63 Resident; \$73 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!

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 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 | 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 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 | 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 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 | 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

