

zumba!

new day/
time!

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!

Certified Instructor: Ann Giroux

FOR | Ages 18 & Up

WHEN | Fridays

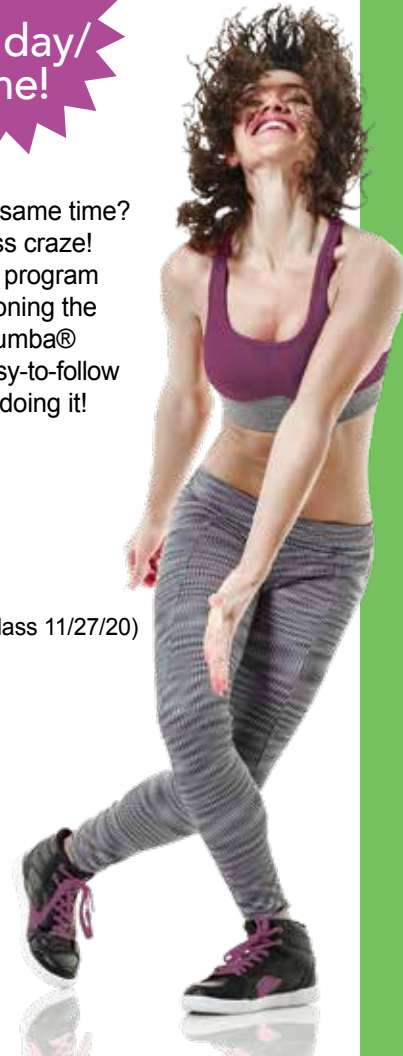
Session 1: October 9-November 13
Session 2: November 20-December 18 (No Class 11/27/20)
Session 3: January 8-February 26
Session 4: March 5-April 2
Session 5: April 9-May 28 (No Class 5/7/21)

TIME | 8:30-9:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$30 Resident; \$40 Non-Resident
Session 2: \$20 Resident; \$30 Non-Resident
Session 3: \$40 Resident; \$50 Non-Resident
Session 4: \$25 Resident; \$35 Non-Resident
Session 5: \$35 Resident; \$45 Non-Resident

Class Maximum: 14



zumba/ weights ^{50/}₅₀

total body
workout!

This hour-long class will start with a half-hour of Zumba dance exercise and conclude with a half-hour of body sculpting with weight work, abdominal strengthening, and stretching. Participants will need to bring a mat, hand weights, and water bottle and wear comfortable clothing and supportive sneakers. Please join us for this exciting, new class and get a great workout to add to your fitness routine!

Certified Instructor: Ann Giroux

FOR | Ages 18 & Up

WHEN | Wednesdays

Session 1: October 7-November 4
Session 2: November 18-December 16 (No Class 11/25/20)
Session 3: January 6-February 24
Session 4: March 3-31
Session 5: April 7-May 26 (No Class 5/5/21)

TIME | 4:30-5:30 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 4: \$25 Resident; \$35 Non-Resident
Session 2: \$20 Resident; \$30 Non-Resident
Session 3: \$40 Resident; \$50 Non-Resident
Session 5: \$35 Resident; \$45 Non-Resident

Class Maximum: 14

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

FOR | Ages 18 & Up

TIME | 8:30-9:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

WHEN | Mondays & Wednesdays

Session 1: October 5-November 9 (No Class 10/12/20)
Session 2: November 16-December 21 (No Class 11/25/20)
Session 3: January 4-February 24 (No Class 1/18 & 2/15/21)
Session 4: March 1-31
Session 5: April 5-May 26 (No Class 5/5/21)

FEES | Sessions 1, 2 & 4: \$45 Resident; \$55 Non-Resident
Session 3: \$63 Resident; \$73 Non-Resident
Session 5: \$68 Resident; \$78 Non-Resident

WHEN | Tuesdays & Thursdays

Session 1: October 6-November 12 (No Class 11/3/20)
Session 2: November 17-December 22 (No Class 11/26/20)
Session 3: January 5-February 25
Session 4: March 2-April 1
Session 5: April 6-May 20 (No Class 5/4 & 5/6/21)

FEES | Session 1: \$50 Resident; \$60 Non-Resident
Sessions 2 & 4: \$45 Resident; \$55 Non-Resident
Session 3: \$72 Resident; \$82 Non-Resident
Session 5: \$54 Resident; \$64 Non-Resident

Class Maximum: 14

Sign up for up-to-the-minute cancellation alerts
by text or email from your MyRec account.

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

Adult Fitness Programs

Updated for
FALL-SPRING
2020-21



Get fit mind & BODY!

NEW YOGA CLASSES!

*Programs for all levels
and abilities!*



yoga with a gentle touch

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. Optional block and strap, if you have them.

FOR | Ages 18 & Up

WHEN | Mondays

Session 1: October 5-November 9 (No Class 10/12/20)

Session 2: November 16-December 21

Session 3: January 4-February 22 (No Class 1/18 & 2/15/21)

Session 4: March 1-29

Session 5: April 5-May 24

TIME | 10:00-11:00 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 4: \$40 Resident; \$50 Non-Resident

Sessions 2 & 3: \$48 Resident; \$58 Non-Resident

Session 5: \$64 Resident; \$74 Non-Resident

Class Maximum: 14

BEST VALUE!

Register for 3 or more different Adult Exercise programs

— Yoga, Stretch & Tone, or Zumba —

in one transaction and receive \$10 off your total registration fee!

restorative yoga

monday yoga new!

Restorative yoga deeply relaxes the body and stills the mind. The use of props will enhance flexibility, which allows the body to heal and return to balance. This class is suitable for anyone looking to slow down and connect with oneself and to restore physical, emotional, and mental health. This practice is beneficial for anyone who is dealing with injuries and healing from illness or a chronic condition, by managing side effects, boosting immunity, and improving recovery.

Certified Instructor: Jennifer Scoville

Please bring a yoga mat or non-slip mat and a bolster/pillow/blanket. Optional block and strap, if you have them.

FOR | Ages 18 & Up

WHEN | Mondays

Session 1: October 5-November 9 (No Class 10/12/20)

Session 2: November 16-December 21

Session 3: January 4-February 22 (No Class 1/18 & 2/15/21)

Session 4: March 1-29

Session 5: April 5-May 24

TIME | 11:30 am-12:30 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 4: \$40 Resident; \$50 Non-Resident

Sessions 2 & 3: \$48 Resident; \$58 Non-Resident

Session 5: \$64 Resident; \$74 Non-Resident

Class Maximum: 14

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. Optional block and strap, if you have them.

FOR | Ages 18 & Up

WHEN | Tuesdays

Session 1: October 6-November 10 (No Class 11/3/20)

Session 2: November 17-December 22

Session 3: January 5-February 23

Session 4: March 2-30

Session 5: April 6-May 18 (No Class 5/4/21)

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 4: \$40 Resident; \$50 Non-Resident

Sessions 2 & 5: \$48 Resident; \$58 Non-Resident

Session 3: \$64 Resident; \$74 Non-Resident

Class Maximum: 14

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.

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: October 8-November 12

Session 2: November 19-December 17 (No Class 11/26/20)

Session 3: January 7-February 25

Session 4: March 4-April 1

Session 5: April 8-May 20 (No Class 5/6/21)

TIME | 10:00-11:00 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 5: \$42 Resident; \$52 Non-Resident

Session 2: \$28 Resident; \$38 Non-Resident

Session 3: \$56 Resident; \$66 Non-Resident

Session 4: \$35 Resident; \$45 Non-Resident

Class Maximum: 14

all levels yoga

new!

This class is appropriate for yoga students who have some prior experience. The instructor will offer modifications for Level I students, as well as more challenging poses for advanced students. (Not recommended for pure beginners.)

Certified Instructor: Jennifer Scoville

Please bring a yoga mat or non-slip mat. Optional block and strap, if you have them.

FOR | Ages 18 & Up

WHEN | Thursdays

Session 1: October 8-November 12

Session 2: November 19-December 17 (No Class 11/26/20)

Session 3: January 7-February 25

Session 4: March 4-April 1

Session 5: April 8-May 20 (No Class 5/6/21)

TIME | 6:00-7:00 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 5: \$48 Resident; \$58 Non-Resident

Session 2: \$32 Resident; \$42 Non-Resident

Session 3: \$64 Resident; \$74 Non-Resident

Session 4: \$40 Resident; \$50 Non-Resident

Class Maximum: 14

yinyoga

new!

This practice is a very passive approach to Yoga where you perform the majority of the poses seated on the floor or laying down. The class features stretching, especially the connective tissue around the joints. The sequences of postures are meant to stimulate the channels of the subtle body known as meridians in Chinese medicine.

Certified Instructor: Jennifer Scoville

Please bring a yoga mat or non-slip mat and a bolster/pillow/blanket. Optional block and strap, if you have them.

FOR | Ages 18 & Up

WHEN | Fridays

Session 1: October 9-November 13

Session 2: November 20-December 18 (No Class 11/27/20)

Session 3: January 8-February 26

Session 4: March 5-April 2

Session 5: April 9-May 28 (No Class 5/7/21)

TIME | 6:00-7:00 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$48 Resident; \$58 Non-Resident

Session 2: \$32 Resident; \$42 Non-Resident

Session 3: \$64 Resident; \$74 Non-Resident

Session 4: \$40 Resident; \$50 Non-Resident

Session 5: \$56 Resident; \$66 Non-Resident

Class Maximum: 14

