



wake up with one! (m,tu,th)

Every good training program includes a combination of cardio, strength and mind-body work. ONE alternates the training focus each morning to provide just that. Bring water and a mat. Wear clean, supportive, indoor sneakers.

FOR | Ages 18 & Up

WHEN | Mondays, Tuesdays, Thursdays

Session 1: July 3-31 (No program 7/4)

Session 2: August 1-28

Session 3: September 11-October 5

Session 4: October 9-November 2

Session 5: November 6-30 (No program 11/23)

Session 6: December 4-21

TIME | 5:30-6:15 am

WHERE | Sessions 1 & 2: Queensbury Activity Center, 742 Bay Road
Sessions 3-6: Hansen Center, Gurney Lane Recreation Area

FEES | Sessions 1-4: \$59 Resident; \$69 Non-Resident
Session 5: \$55 Resident; \$65 Non-Resident
Session 6: \$47 Resident; \$57 Non-Resident

New
locations!

sh1ft your fitness with one! (m,w)

Join ONE in the evenings for a combo of cardio, strength, and mind-body work to optimize your exercise benefits. This class is designed for everyone. Bring water and a mat. Wear clean, supportive, indoor sneakers.

FOR | Ages 18 & Up

WHEN | Mondays, Wednesdays

Session 1: July 5-31

Session 2: August 2-28

Session 3: September 11-October 4

Session 4: October 9-November 1

Session 5: November 6-29 (No program 11/22)

Session 6: December 4-20

TIME | 5:15-6:15 pm

WHERE | Sessions 1 & 2: Queensbury Activity Center, 742 Bay Road
Sessions 3-6: Hansen Center, Gurney Lane Recreation Area

FEES | Sessions 1-4: \$43 Resident; \$53 Non-Resident
Session 5: \$39 Resident; \$49 Non-Resident
Session 6: \$35 Resident; \$45 Non-Resident

need flexibility?
get a class pass!

When you visit our registration site, you'll have the option to purchase a class pass instead of registering for a full session of ONE workouts.

WAIT! There's more ...

Additional Sports & Fitness Programs for Adults:

- Pickleball Clinics
- Adult Golf Lessons
- Women's Beginner Golf Clinic
- Women's Volleyball
- Co-ed Volleyball
- Men's Basketball
- Stroller Strides®
- Morning Swim
- Mountain Bike Clinics

Get up-to-the-minute cancellation alerts by text or email.

To sign up visit your MyRec account at
queensburyrec.com/info/default.aspx

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

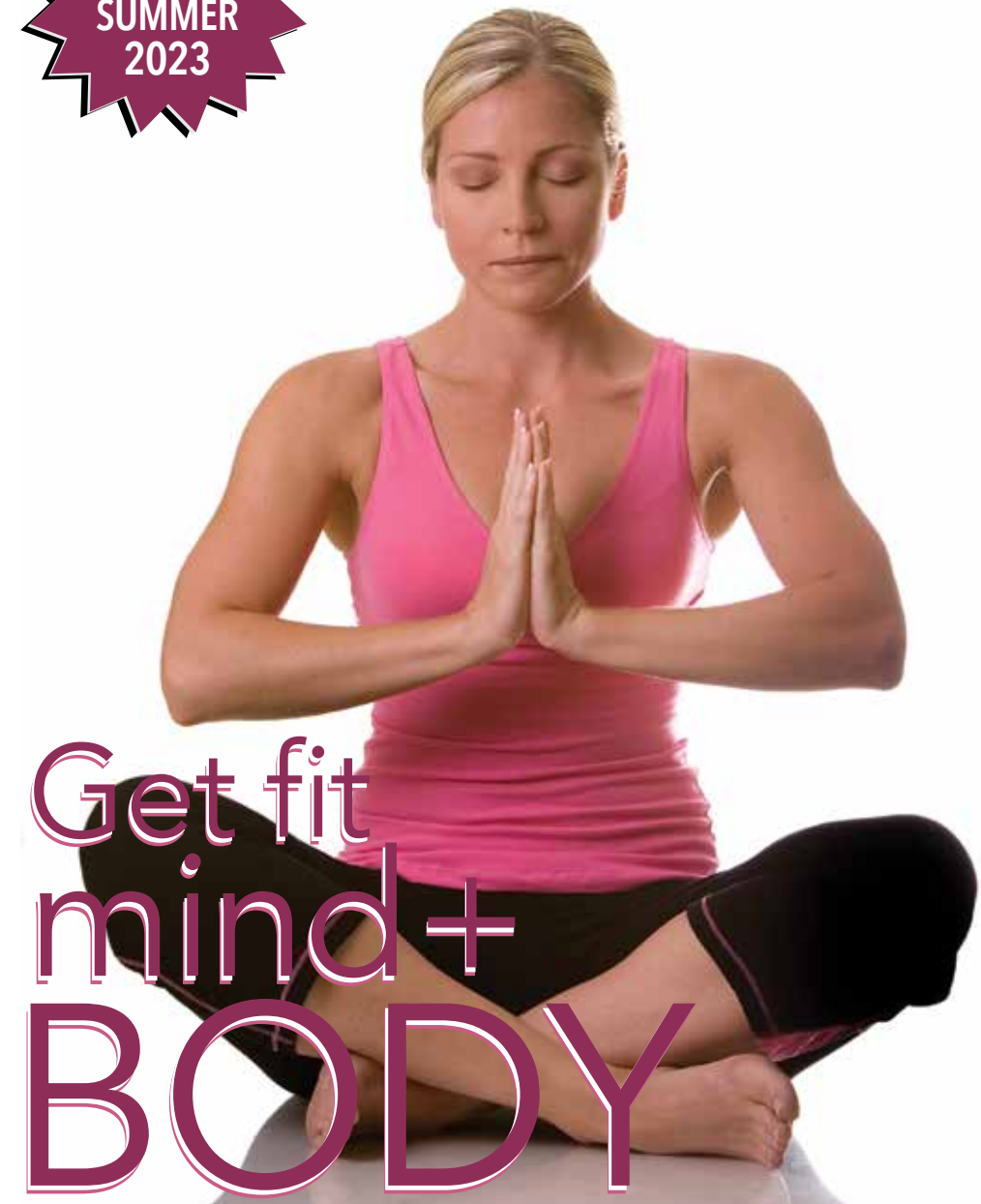
The Department reserves the right to either cancel, change, or alter any program schedule based on availability of staff, facility, and/or enrollment.



742 Bay Road, Queensbury NY 12804 | 518-761-8216
recreation.queensbury.net

Adult Fitness Programs

Updated for
SUMMER
2023



Get fit mind+ BODY

NEW PROGRAMS AT QUEENSBURY ACTIVITY CENTER!

*Programs for all levels
and abilities!*



Queensbury
PARKS & RECREATION

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 for floor exercises.

FOR | Ages 18 & Up

WHEN | Mondays

Session 1: June 5-26

Session 2: July 3-31

Session 3: August 7-28

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 3: \$36 Resident; \$51 Non-Resident
Session 2: \$45 Resident; \$60 Non-Resident

Class Minimum: 6

yoga

with a
gentle touch

tuesday
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 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: June 5-26

Session 2: July 4-25

Session 3: August 1-29

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$36 Resident; \$51 Non-Resident
Session 2: \$29 Resident; \$42 Non-Resident
Session 3: \$45 Resident; \$60 Non-Resident

Class Minimum: 6

yinyoga

wednesday
yoga

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: June 7-28

Session 2: July 5-26

Session 3: August 2-30

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 2: \$36 Resident; \$51 Non-Resident
Session 3: \$45 Resident; \$60 Non-Resident

Class Minimum: 6



thursday
yoga

easy does it

modified
chair 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: Clare Rainwater

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 1-29

Session 2: July 6-27

Session 3: August 3-31

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 3: \$40 Resident; \$55 Non-Resident
Session 2: \$32 Resident; \$47 Non-Resident

Class Minimum: 6

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 | Tuesdays & Thursdays

Session 1: June 6-29 (No program 6/27)

Session 2: July 6-27

Session 3: August 1-31

FEES | Sessions 1 & 2: \$39 Resident; \$54 Non-Resident
Session 3: \$55 Resident; \$70 Non-Resident

Class Minimum: 6

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: July 11-27

Session 3: August 1-August 17

TIME | 7:00-8:00 pm

WHERE | Gurney Lane Pool

FEES | Sessions 1 & 2: 1 X Week: \$12 Resident; \$27 Non-Resident
2 X Week: \$24 Resident; \$39 Non-Resident

Class Minimum: 10 | Class Maximum: 30