

# 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 | Fridays

Session 1: September 17-October 29

Session 2: November 5-December 17 (No Class 11/26/21)

Session 3: January 7-February 25

Session 4: March 4-April 15

Session 5: April 22-May 27 (No Class 5/6/22)

TIME | 8:30-9:30 am

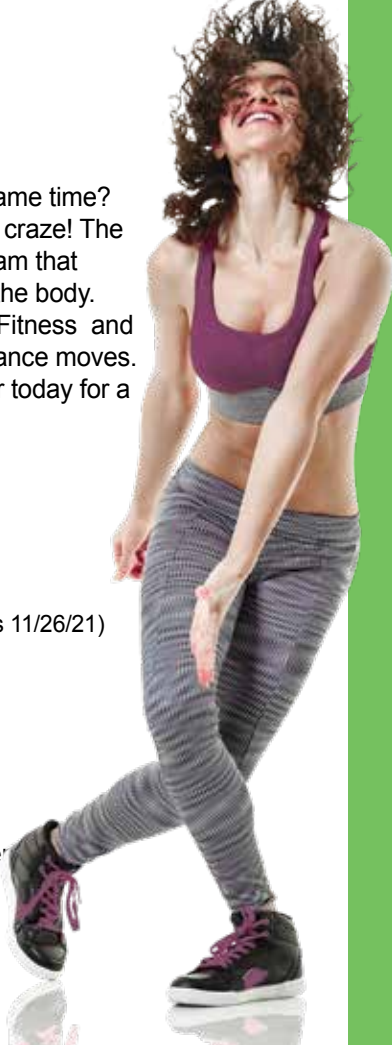
WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 4: \$35 Resident; \$45 Non-Resident

Session 2: \$30 Resident; \$40 Non-Resident

Session 3: \$40 Resident; \$50 Non-Resident

Session 5: \$25 Resident; \$35 Non-Resident



*Increase your fitness level by joining in the fun!*

# zumba/ weights<sup>50/50</sup>

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 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: September 15-October 27

Session 2: November 3-December 22 (No Class 11/24/21)

Session 3: January 5-February 23

Session 4: March 2-April 13

Session 5: April 20-May 25 (No Class 5/4/22)

TIME | 4:30-5:30 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1, 2, & 4: \$35 Resident; \$45 Non-Resident

Session 3: \$40 Resident; \$50 Non-Resident

Session 5: \$25 Resident; \$35 Non-Resident

# 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: September 13-October 27 (No Class 10/11/21)

Session 2: November 1-December 22 (No Class 11/24/21)

Session 3: January 3-February 23 (No Class 1/17 & 2/21/22)

Session 4: February 28-April 13

Session 5: April 18-May 25 (No Class 5/4/22)

FEES | Session 1: \$59 Resident; \$69 Non-Resident

Session 2: \$68 Resident; \$78 Non-Resident

Sessions 3 & 4: \$63 Resident; \$73 Non-Resident

Session 5: \$50 Resident; \$60 Non-Resident

WHEN | Tuesdays & Thursdays

Session 1: September 14-October 28

Session 2: November 4-December 21 (No Class 11/11 & 11/25/21)

Session 3: January 4-February 24

Session 4: March 1-April 14

Session 5: April 19-May 26 (No Class 5/5 & 5/24/22)

FEES | Sessions 1 & 4: \$63 Resident; \$73 Non-Resident

Session 2: \$54 Resident; \$64 Non-Resident

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

Session 5: \$45 Resident; \$55 Non-Resident

**Get up-to-the-minute cancellation alerts** by text or email.  
To sign up visit your MyRec account at [queensburyrec.com/info/default.aspx](https://queensburyrec.com/info/default.aspx)

## registration information

Online: [recreation.queensbury.net](https://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](https://recreation.queensbury.net)

## Adult Fitness Programs

Updated for  
FALL-SPRING  
2021-22



# Get fit mind BODY

LIMITED CLASS SIZES FOR SAFETY

*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: September 13-October 25 (No Class 10/11/21)

Session 2: November 1-December 20

Session 3: January 3-February 28 (No Class 1/17 & 2/21/22)

Session 4: March 7-April 11

Session 5: April 18-May 23

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1, 4, & 5: \$48 Resident; \$58 Non-Resident

Session 2: \$64 Resident; \$74 Non-Resident

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

PLEASE  
NOTE!

Class maximums will be determined by state and local COVID-19 regulations and are subject to change.

# 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 1: September 14-October 26

Session 2: November 9-December 21

Session 3: January 4-February 22

Session 4: March 1-April 12

Session 5: April 19-May 31 (No Class 5/24/22)

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1, 2, & 4: \$56 Resident; \$66 Non-Resident

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

Session 5: \$48 Resident; \$58 Non-Resident

# 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: September 15-October 27

Session 2: November 3-December 22 (No Class 11/24/21)

Session 3: January 5-February 23

Session 4: March 2-April 13

Session 5: April 20-May 25 (No Class 5/4/22)

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1, 2, & 4: \$56 Resident; \$66 Non-Resident

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

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



# 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 1: September 16-October 28

Session 2: November 4-December 16 (No Class 11/11 & 11/25/21)

Session 3: January 6-February 24

Session 4: March 3-April 14

Session 5: April 21-May 26 (No Class 5/5/22)

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 4: \$49 Resident; \$59 Non-Resident

Sessions 2 & 5: \$35 Resident; \$45 Non-Resident

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

# yoga thursday

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 | Thursdays

Session 1: September 16-October 28

Session 2: November 4-December 16 (No Class 11/11 & 11/25/21)

Session 3: January 6-February 24

Session 4: March 3-April 14

Session 5: April 21-May 26 (No Class 5/5/22)

TIME | 6:00-7:00 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 4: \$56 Resident; \$66 Non-Resident

Sessions 2 & 5: \$40 Resident; \$50 Non-Resident

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

# 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 7-October 28 (No Class 9/14 & 9/16/21)

Session 2: November 2-December 21 (No Class 11/11 & 11/25/21)

Session 3: January 4-February 17

Session 4: March 1-April 14

Session 5: April 26-June 9

TIME | 6:30-7:30 pm

WHERE | Queensbury Elementary School Pool

FEES | Sessions 1, 3, 4, & 5: \$49 Resident; \$59 Non-Resident

Session 2: \$46 Resident; \$56 Non-Resident