



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

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.

Ages 18 & Up

5:30-6:15 am, Mondays, Tuesdays, Thursdays, Fridays (Cycling)

- February 1-29 (No program 2/19)
- March 1-28
- March 29-April 23
- May 2-June 3 (No program 5/7, 5/9, 5/27)
- June 4-July 1

\$70/session Resident; \$80/session Non-Resident

Mondays, Tuesdays, Thursday: Queensbury Activity Center, 742 Bay Road

Fridays (Cycling): The Body Barre, 17 Cronin Road

## sh1ft your fitness with one! (m,w,th)

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.

Ages 18 & Up

5:15-6:00 pm, Mondays, Wednesdays

5:20-6pm, Thursdays (Cycling)

- February 1-29 (No program 2/19)
- March 4-28
- April 1-24
- April 29-May 29 (No program 5/8, 5/27)
- May 30-June 26

\$54/session Resident; \$64/session Non-Resident

Mondays, Wednesdays: Queensbury Activity Center, 742 Bay Road

Thursdays (Cycling): The Body Barre, 17 Cronin Road

## 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.

# strollerstrides®

## Meet other moms while getting your workout in!



QUEENSBURY | SARATOGA SPRINGS

Stroller Strides® is a 60-minute total-body workout that includes strength, cardio, and core training while engaging your littles in a stroller. The class is designed for pre- and postnatal moms at all fitness levels. You'll leave class feeling strong, empowered, connected, and energized. We recommend bringing water, a mat or towel, and comfortable shoes for mom (snacks, toys, and other essentials for the kids!) Any type of stroller or wagon can be used.

Instructor: Beth Bureau

Mondays, Wednesdays, Fridays, 9:30-10:30am

Monday/Friday: Hansen Center at Gurney Lane Recreation Area, 118 Gurney Lane

Wednesdays: Aviation Mall, Aviation Road, Queensbury



For cost and registration:  
[queensbury-saratogasprings.fit4mom.com/](http://queensbury-saratogasprings.fit4mom.com/) or scan the QR code.

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

To sign up visit your MyRec account at [queensburyrec.com/info/default.aspx](http://queensburyrec.com/info/default.aspx)

## registration information

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

In Person: Queensbury Parks & Recreation Department  
742 Bay Road, Queensbury NY 12804  
8:00 am-4:30 pm, Monday-Friday

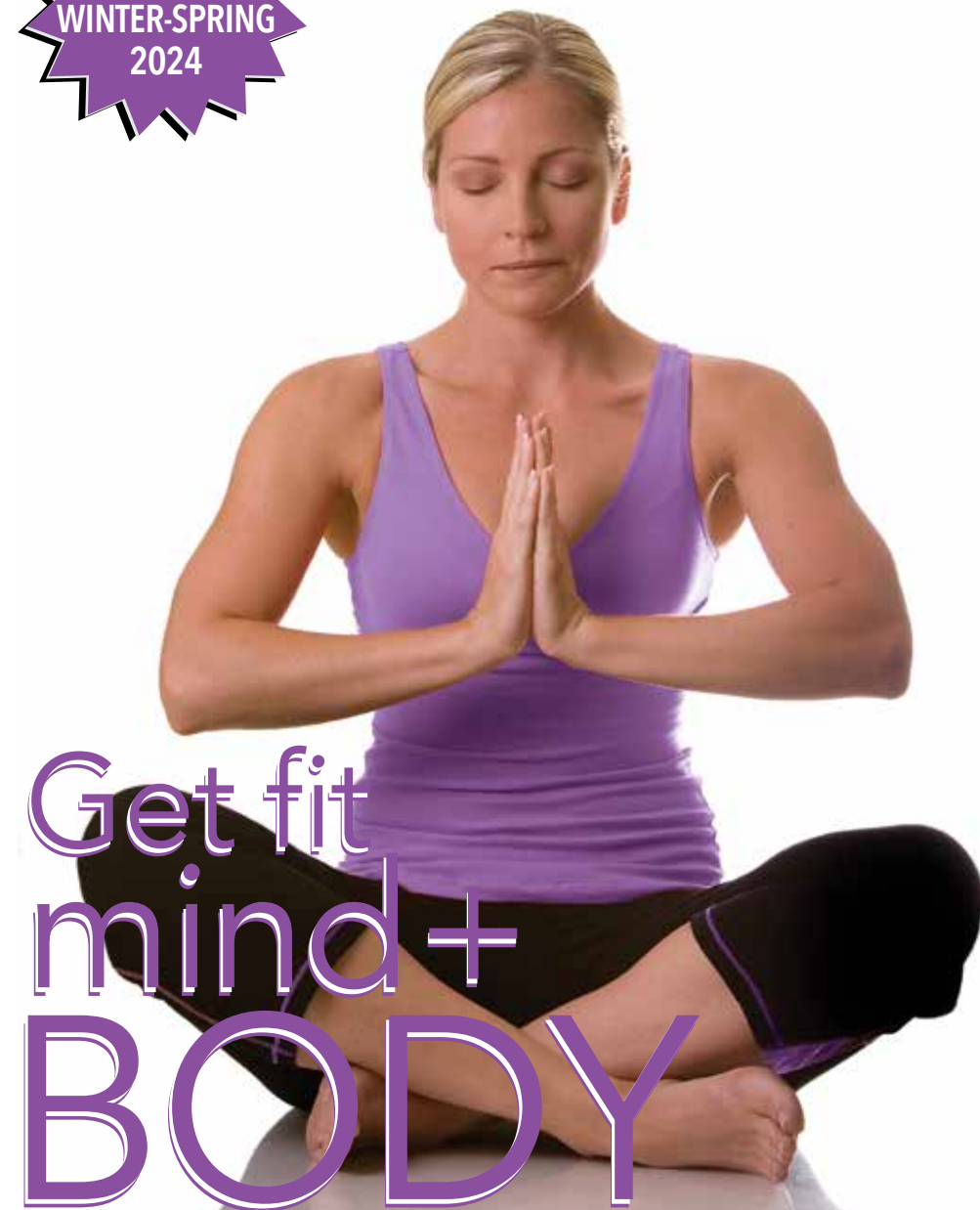
*The Department reserves the right to either cancel, change, or alter any program schedule based on availability of staff, facility, and/or enrollment.*



742 Bay Road, Queensbury NY 12804 | 518-761-8216  
[recreation.queensbury.net](http://recreation.queensbury.net)

## Adult Fitness Programs

Updated for  
WINTER-SPRING  
2024



# Get fit mind + BODY

PROGRAMS AT MULTIPLE CONVENIENT LOCATIONS!

*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 for floor exercises.

Ages 18+

10:30-11:30 am, Mondays

- January 8-February 12 (No program 1/15); \$45 Resident; \$60 Non-Resident
- February 26-April 8: \$63 Resident; \$78 Non-Resident
- April 15-May 20; \$54 Resident; \$69 Non-Resident

Queensbury Activity Center, 742 Bay Road

Class Minimum: 6

# aerobic dance

The aerobic dance craze of the '80s is back! Have fun and get in shape dancing to the tunes of the '70s, '80s, and beyond!

A choreographed dance program for all levels of fitness. Easy-to-follow dance routines designed to increase heart and lung function and improve muscular endurance and conditioning. An emphasis on body stretching and balance work will be included in this class. Increase your fitness level while joining in the fun!

Certified Instructor: Sharron Simmonds

Ages 18+

10:30-11:30 am, Tuesdays

• January 2-March 28

1x week: \$78 Resident; \$93 Non-Resident

• April 2-May 30

1x week: \$54 Resident; \$69 Non-Resident

2x week: \$108 Resident; \$123 Non-Resident

Queensbury Activity Center, 742 Bay Road

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.

Ages 18+

10:30-11:30 am, Wednesdays

- January 3-February 21; \$72 Resident; \$87 Non-Resident
- February 28-April 10; \$63 Resident; \$78 Non-Resident
- April 17-May 29 (No program 5/8); \$54 Resident; \$69 Non-Resident

Queensbury Activity Center, 742 Bay Road

Class Minimum: 6



# 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 Instructors: Clare Rainwater/Jennifer Scoville

Bring a yoga mat or non-slip mat (slip-guard socks) for standing poses. NO floor exercises required. Wear comfortable clothing.

Ages 18+

10:30-11:30 am, Thursdays

- January 4-February 15; \$56 Resident; \$71 Non-Resident
- February 29-April 11; \$56 Resident; \$71 Non-Resident
- April 18-May 30 (No program 5/9); \$48 Resident; \$63 Non-Resident

Queensbury Activity Center, 742 Bay Road

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

Ages 18+

8:30-9:30 am, Tuesdays & Thursdays

- January 2-February 22; \$88 Resident; \$103 Non-Resident
- February 27-April 11; \$77 Resident; \$92 Non-Resident
- April 16-May 30 (No program 5/7, 5/9, 5/28); \$61 Resident; \$76 Non-Resident

Queensbury Activity Center, 742 Bay Road

Class Minimum: 6



# meet the instructors

**Jennifer Scoville** began practicing yoga in 2007. She obtained her first certification in 2009 from New Milford, CT,-based Lotus Gardens School of Yoga in comparative yoga studies. Jennifer has been teaching consistently since this time. In 2018, she continued her yoga education with a 200-hour RYT training in hot vinyasa yoga, with Cindy Lunsford at Hot Yoga Queensbury. Jennifer has been teaching yoga classes for The Town of Queensbury since 2018.

**Clare Rainwater** began her yoga journey began while she was suffering from adhesive capsulitis (frozen shoulder). Traditional therapies left her with little relief; Yoga taught her to accept the limitations of her body with compassion. With continued practice, felt a shift in her mind and body. Healing was taking place and she was hooked. Clare received her 200-Hour Yoga Teacher Training from Crystal Gray Academy and went on to receive Certification from Kidding Around

Yoga in order to teach children. She is currently studying to become a Yoga Therapist.

**Ann Giroux** has been instructing exercise classes through Queensbury Recreation for over 20 years and actively instructing for 37 years at various locations such as Glens Falls Family YMCA, The Sagamore Resort and Queensbury Senior Citizens. She is passionate about safety, effectiveness, fun and creating a sense of community for her participants. Ann is certified through ACE and Zumba Fitness.

**Sharron Simmonds** has always enjoyed physical fitness and believes that group exercise makes for shared joy, fun and friendships. As a fitness educator for over fifty years, she taught aerobic dance at the Glens Falls YMCA as well as certification for training instructors throughout the Northeast. She has been affiliated with the area BOCES fitness program and Queensbury Recreation.