

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 6-April 2

(No Class 1/20, 2/17, 2/18 & 2/20, 2/24, 2/25 & 2/27/20)

Session 2: April 6-June 11 (No Class 4/13, 4/14, 4/16 & 5/25/20)

TIME | 6:00-7:00 pm

WHERE | Queensbury Elementary School Gym

NOTE: April 27-June 11, 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: \$36 Resident; \$46 Non-Resident

2 X per week: \$72 Resident; \$82 Non-Resident

3 X per week: \$104 Resident; \$114 Non-Resident

Class Maximum: 30

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 3-October 24

Session 2: October 29-December 19 (No Class 10/31 & 11/28/19)

Session 3: January 7-February 13 (No Class 1/23, 1/28 & 1/30)

Session 4: February 25-April 9

Session 5: April 21-May 28

TIME | 6:15-7:15 pm

WHERE | Queensbury Elementary School Pool

FEES | Session 1: \$56 Resident; \$66 Non-Resident

Sessions 2 & 4: \$49 Resident; \$59 Non-Resident

Session 3: \$32 Resident; \$42 Non-Resident

Session 5: \$42 Resident; \$52 Non-Resident

Class Minimum: 10 | Class Maximum: 30

Adult Fitness Programs

Updated for FALL-SPRING 2019-2020



Get your sweat ON!

Increase your fitness level by joining in the fun!

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 1: September 10-October 31

Session 2: November 7-December 19 (No Class 11/28/19)

Session 3: January 2-February 27

Session 4: March 3-April 9

Session 5: April 14-May 28 (No Class 5/5, 5/7 & 5/26/20)

TIME | 8:30-9:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$56 Resident; \$66 Non-Resident

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

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

NEW! ZUMBA/WEIGHTS COMBO CLASS!

*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 9-October 28 (No Class 10/14/19)
 Session 2: November 4-December 16 (No Class 11/11/19)
 Session 3: January 6-February 24 (No Class 1/20 & 2/17/20)
 Session 4: March 2-April 6
 Session 5: April 13-May 18

TIME | 10:15-11:15 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$56 Resident; \$66 Non-Resident
 Sessions 2-5: \$48 Resident; \$58 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!

yoga tuesday

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 10-October 29
 Session 2: November 12-December 17
 Session 3: January 7-February 25
 Session 4: March 3-April 7
 Session 5: April 14-May 19 (No Class 5/5/20)

TIME | 10:30-11:30 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 3: \$64 Resident; \$74 Non-Resident
 Sessions 2 & 4: \$48 Resident; \$58 Non-Resident
 Session 5: \$40 Resident; \$50 Non-Resident

Class Minimum: 10 | Class Maximum: 20

gentle level



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!

Certified Instructor: Ann Giroux

FOR | Ages 18 & Up

WHEN | Thursdays

Session 1: September 12-October 31
 Session 2: November 7-December 19 (No Class 11/28/19)
 Session 3: January 2-February 27
 Session 4: March 5-April 9
 Session 5: April 16-May 28 (No Class 5/7/20)

TIME | 11:00 am-12:00 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$40 Resident; \$50 Non-Resident
 Sessions 2, 4 & 5: \$30 Resident; \$40 Non-Resident
 Session 3: \$45 Resident; \$55 Non-Resident

Class Maximum: 20

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 1: September 9-October 28 (No Class 10/14/19)
 Session 2: November 4-December 16 (No Class 11/11/19)
 Session 3: January 6-February 24 (No Class 1/20 & 2/17/20)
 Session 4: March 2-April 6
 Session 5: April 13-May 18

TIME | 11:30 am-12:30 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$49 Resident; \$59 Non-Resident
 Sessions 2-5: \$42 Resident; \$52 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 1: September 12-October 31
 Session 2: November 7-December 19 (No Class 11/28/19)
 Session 3: January 2-February 27
 Session 4: March 5-April 9
 Session 5: April 16-May 28 (No Class 5/7/20)

TIME | 9:45-10:45 am

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Session 1: \$56 Resident; \$66 Non-Resident
 Sessions 2, 4 & 5: \$42 Resident; \$52 Non-Resident
 Session 3: \$63 Resident; \$73 Non-Resident

Class Minimum: 10 | Class Maximum: 20

zumba/weights 50/50

NEW!

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 11-October 30
 Session 2: November 6-December 18 (No Class 11/27/19)
 Session 3: January 8-February 26
 Session 4: March 4-April 8
 Session 5: April 15-May 27 (No Class 5/6/20)

TIME | 4:30-5:30 pm

WHERE | Queensbury Activity Center, 742 Bay Road

FEES | Sessions 1 & 3: \$40 Resident; \$50 Non-Resident
 Sessions 2, 4 & 5: \$30 Resident; \$40 Non-Resident

Class Minimum: 10 | Class Maximum: 20