



wake up with one!

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

- November 4-26 (No program 11/5, 11/11); \$57 Resident; \$67 Non-Resident
- December 2-24; \$66 Resident; \$76 Non-Resident
- January 3-31 (No class 1/20); \$74 Resident; \$84 Non-Resident
- February 3-28 (No class 2/17); \$70 Resident; \$80 Non-Resident
- March 3-27; \$70 Resident; \$80 Non-Resident
- March 28-April 22; \$70 Resident; \$80 Non-Resident
- May 1-30 (No class 5/8, 5/9, 5/26); \$70 Resident; \$80 Non-Resident
- June 2-27; \$74 Resident; \$84 Non-Resident

Queensbury Activity Center, 742 Bay Road

sh1ft your fitness with one!

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

- November 4-25 (No program 11/11); \$32 Resident; \$42 Non-Resident
- December 2-23; \$36 Resident; \$46 Non-Resident
- January 6-29 (No class 1/20); \$36 Resident; \$46 Non-Resident
- February 3-26 (No class 2/17); \$36 Resident; \$46 Non-Resident
- March 3-26; \$40 Resident; \$50 Non-Resident
- March 31-April 21; \$36 Resident; \$46 Non-Resident
- April 30-May 28 (No class 5/7, 5/26); \$36 Resident; \$46 Non-Resident
- June 2-25; \$40 Resident; \$50 Non-Resident

Queensbury Activity Center, 742 Bay Road

Need flexibility? Get a ONE 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.

A 5-class pass is \$48 Resident; \$58 Non-Resident

A 10-class pass is \$84 Resident; \$94 Non-Resident

Passes are good for four months from the date of purchase.

poolyoga

new!

You've heard of SUP but have you tried Pool Yoga? This program is great for those wanting to try something new and those who want to maintain their SUP balance during the off season. We'll be using extra-large rectangular pool yoga boards; these boards provide great stability and support a variety of traditional yoga poses. You will get wet, so bring your suit, towel and water bottle! Stay flexible and relax over the thrill of the pool.

Certified Instructor: Tobey Gifford

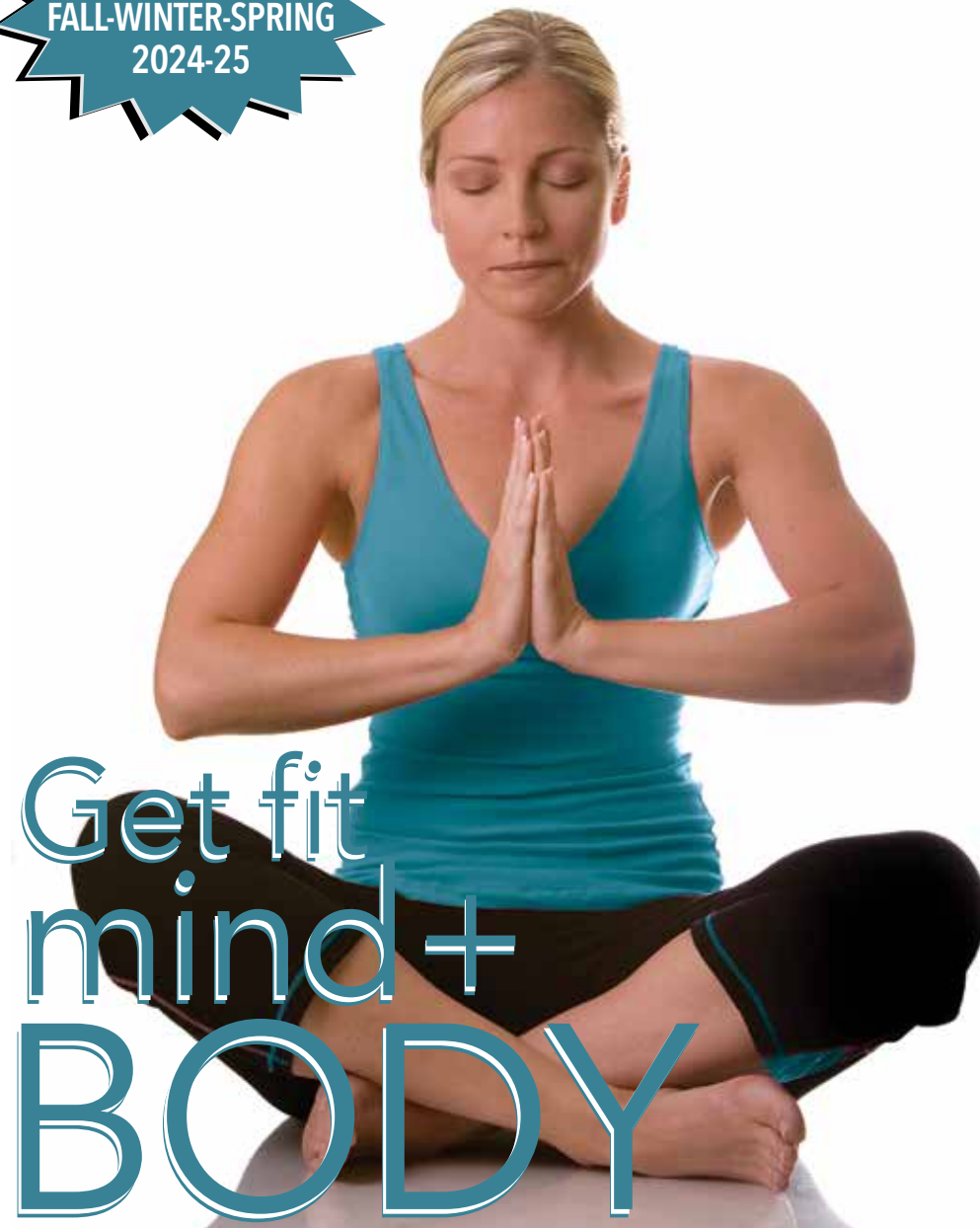
Ages 18+

8:00-8:45 am, Saturdays

- December 7-February 8 (No program 12/28, 1/4); \$80 Resident; \$95 Non-Resident
- March 1-May 31 (No program 3/15, 4/12, 4/19, 5/24); \$100 Resident; \$115 Non-Resident

Queensbury Elementary School Pool, Aviation Road

Updated for
FALL-WINTER-SPRING
2024-25



Get fit
mind +
BODY

NOW OFFERING POOL YOGA AND EVENING VINYASA FLOW!

Programs for all levels
and abilities!



aquaerobics

This safe, effective water workout includes a 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

Ages 18+

6:30-7:30 pm, Tuesdays & Thursdays

- November 7-December 19 (No program 1/4); \$48 Resident; \$63 Non-Resident
- January 7-February 13 (No program 3/15, 4/12, 4/19, 5/24); \$100 Resident; \$115 Non-Resident

Queensbury Elementary School Pool, Aviation Road

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

yoga with a gentletouch

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: Tobey Gifford

Please bring a yoga mat or non-slip mat for floor exercises.

Ages 18+

10:00-11:00 am, Mondays

- November 4-December 16 (No program 11/11); \$54 Resident; \$69 Non-Resident
- January 6-February 24 (No program 1/20, 2/17); \$54 Resident; \$69 Non-Resident
- March 3-April 7; \$54 Resident; \$69 Non-Resident
- April 14-May 19; \$54 Resident; \$69 Non-Resident

Queensbury Activity Center, 742 Bay Road

Class Minimum: 6

aerobicdance

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+

10:00-11:00 am, Tuesdays & Thursdays

- November 5-December 19 (No program 11/28)
 - 1x week: \$42 Resident; \$57 Non-Resident
 - 2x week: \$78 Resident; \$93 Non-Resident
- January 7-March 13
 - 1x week: \$60 Resident; \$75 Non-Resident
 - 2x week: \$120 Resident; \$135 Non-Resident
- March 25-June 12
 - 1x week: \$72 Resident; \$87 Non-Resident
 - 2x week: \$144 Resident; \$159 Non-Resident

Hansen Center, Gurney Lane Recreation Area, 118 Gurney Lane

Class Minimum: 6

yinyoga

wednesday
yoga

This YOGA class will be working on:

- Posture Practice
- Breathing Techniques
- Guided Meditation

Certified Instructor: Sarah Haley

Please bring a yoga mat or non-slip mat for floor exercises.

Ages 18+

10:00-11:00 am, Wednesdays

- November 6-December 18 (No program 11/27); \$54 Resident; \$69 Non-Resident
- January 8-February 26; \$72 Resident; \$87 Non-Resident
- March 5-April 9; \$54 Resident; \$69 Non-Resident
- April 16-May 28 (No program 5/7); \$54 Resident; \$69 Non-Resident

Queensbury Activity Center, 742 Bay Road

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 Instructors: Clare Rainwater and Sarah Haley

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

Ages 18+

10:00-11:00 am, Thursdays

- November 7-December 19 (No program 11/28); \$48 Resident; \$63 Non-Resident
- January 9-February 27; \$64 Resident; \$79 Non-Resident
- March 6-April 10; \$48 Resident; \$63 Non-Resident
- April 17-May 29 (No program 5/8); \$48 Resident; \$63 Non-Resident

Queensbury Activity Center, 742 Bay Road

Class Minimum: 6

awaken & flow morning yoga

This is a vinyasa flow class for all levels. Lets start our day with 60 minutes of conscious movement and breathwork. We will build some heat as we stretch, strengthen and create space in our bodies. Come use this time on your mat to cultivate a healthy flow of energy to start your day.

Certified Instructor: Sheila Grant

Ages 18+

7:00-8:00 am, Tuesdays & Thursdays

- November 5-December 19 (No program 11/28); \$117 Resident; \$132 Non-Resident
- January 7-February 27; \$144 Resident; \$159 Non-Resident
- March 4-April 10; \$108 Resident; \$123 Non-Resident
- April 15-May 29; \$126 Resident; \$141 Non-Resident

Hansen Center, Gurney Lane Recreation Area, 118 Gurney Lane

Class Minimum: 6



new!

eveningflow

Join us for a mid-week reset. We will focus on consciously moving the body with the breath. We will incorporate basic yoga poses in a gentle to moderate flow class that you can build upon as you advance your personal practice.

Certified Instructors: Sheila Grant

Ages 18+

5:30-6:30 pm, Wednesdays

- November 6-December 18 (No program 11/27); \$54 Resident; \$69 Non-Resident
- January 8-February 26; \$72 Resident; \$87 Non-Resident
- March 5-April 9; \$54 Resident; \$69 Non-Resident
- April 16-May 28; \$63 Resident; \$78 Non-Resident

Hansen Center, Gurney Lane Recreation Area, 118 Gurney Lane

Class Minimum: 6

Does **Pool Yoga** pique your interest?
See back page for details