



WAKE UP WITH ONE!

Energize your morning, with 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.



Monday, Tuesday, Thursday, and Friday, 5:30-6:15am
Queensbury Activity Center, 742 Bay Road

POUND® FITNESS WITH ONE!

Join ONE in the evenings for Pound Fitness with ONE!

MONDAYS: POUND® Unplugged — focused high-intensity movements and restorative stretches, breathwork and meditation.

WEDNESDAYS: POUND® — the world’s first cardio jam session inspired by the infectious, energizing and sweat-dropping fun of playing the drums! POUND® transforms drumming into a full-body workout combining cardio, conditioning and strength training. This class is designed for everyone, with no experience nor musical talent necessary!



Monday and Wednesday, 5:15-6pm.
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 5-class pass or a 10-class pass instead of registering for a full session of ONE workouts.

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

registrationinformation

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

Find a class today!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-----------------------------------|--|-----------------------------------|-----------------------------------|---------------------|
| WAKE UP WITH ONE! 5:30-6:15 am | WAKE UP WITH ONE! 5:30-6:15 am | YIN YOGA 10-11 am | WAKE UP WITH ONE! 5:30-6:15 am | WAKE UP WITH ONE! 5:30-6:15 am | POOL YOGA 8-9 am |
| GENTLE YOGA 10-11 am | Awaken & Flow – YOGA 7-8 am | POUND® FITNESS WITH ONE! 5:15-6 pm | Awaken & Flow – YOGA 7-8 am | | |
| POUND® FITNESS WITH ONE! 5:15-6 pm | AEROBIC DANCE 10-11 am | Midweek Reset – VINYASA FLOW YOGA 5:30-6:30 pm | AEROBIC DANCE 10-11 am | | |
| Melt into Monday – YIN YOGA 5:30-6:30 pm | MINDFULNESS YOGA 10-11 am | | CHAIR YOGA 10-11 am | | |
| | AQUAEROBICS 6:30-7:30 pm | | AQUAEROBICS 6:30-7:30 pm | | |

CLASS LOCATIONS

Hansen Center at Gurney Lane Recreation Area

Town Activity Center

Gurney Lane Pool or QES Pool

Adult Fitness Programs



Get a CLASS PASS
for your
convenience!

SEE DAILY SCHEDULE ON BACK COVER

Programs for all levels
and abilities!



GENTLE YOGA

This class will take a gentle approach to hatha and vinyasa movements to emphasize strength, stability, and mindfulness. Modifications will be offered to make this class accessible to all levels and abilities.



Mondays, 10-11am
Queensbury Activity Center, 742 Bay Road

MELT INTO MONDAY — YIN YOGA

Ease into your week with this calming Yin Yoga class designed to help you release tension, quiet the mind, and reconnect with your body. Through long-held, floor-based postures and deep, mindful breathing, you'll gently open connective tissues and restore balance after a busy day—or in preparation for the days ahead. Perfect for all levels, this class offers the space to slow down, soften, and truly melt into your Monday evening.



Mondays, 5:30-6:30pm
Hansen Center, Gurney Lane Recreation Area, 118 Gurney Lane

AWAKEN & FLOW YOGA

Start your day with intention through this energizing morning yoga class. Awaken your body and mind with gentle stretches, mindful breathing, and flowing movements designed to boost circulation, increase flexibility, and set a positive tone for the day ahead. Perfect for all levels, this class leaves you feeling refreshed, centered, and ready to take on whatever comes next.



Tuesdays & Thursdays, 7-8am
Hansen Center, Gurney Lane Recreation Area, 118 Gurney Lane

MINDFULNESS YOGA

Experience the calming blend of gentle movement and mental stillness in this mindfulness-based yoga class. Through focused breathwork, present-moment awareness, and meditation, you'll reduce stress, enhance concentration, and cultivate inner peace. Gentle stretching helps increase flexibility, improve circulation, and release muscle tension—leaving you feeling relaxed, refreshed, and centered.



Tuesdays, 10-11am (summer)
Hansen Center, Gurney Lane Recreation Area, 118 Gurney Lane

YIN YOGA

Yin yoga emphasizes slow, passive poses held for extended periods (typically 3-5 minutes or longer). This style of yoga focuses on stretching and stimulating the body's connective tissues, such as fascia, ligaments, and joints. Yin yoga aims to promote flexibility, improve joint mobility, and cultivate a sense of deep relaxation.



Wednesdays 10-11am
Queensbury Activity Center, 742 Bay Road

MIDWEEK RESET — VINYASA FLOW YOGA

Refocus, recharge, and reset with this midweek Vinyasa Flow class designed to help you release stress and restore balance. Linking breath with movement, this dynamic yet accessible practice will build strength, improve flexibility, and clear your mind. Expect a thoughtful sequence that energizes the body and calms the nervous system—perfect for finding your rhythm again as you move through the rest of your week with clarity and ease.



Wednesdays 5:30-6:30pm
Hansen Center, Gurney Lane Recreation Area, 118 Gurney Lane

CHAIR YOGA

This gentle yoga class is practiced while seated or using a chair for support, making it ideal for those with limited mobility, balance concerns, or anyone looking for a more accessible approach to yoga. Through mindful movement, breathwork, and gentle stretches, you'll improve flexibility, build strength, enhance circulation, and promote relaxation—all without getting down on the floor. Perfect for beginners, older adults, or anyone seeking a supportive, low-impact practice.



Thursdays, 10:30-11:30am
Queensbury Activity Center, 742 Bay Road



Want more flexibility? Get a yoga pass!

You get 10 classes for one low price.
You choose the class that best suits your schedule and your needs.

To get a pass, stop into the Department Office at 742 Bay Road.

POOL YOGA

Take your practice to the water with this fun and refreshing floating yoga class! Held on specialized yoga boards in the pool, this class combines core-stabilizing poses, breathwork, and balance challenges for a playful yet focused workout. The gentle movement of the water engages your muscles in new ways, while the calming environment helps quiet the mind. Perfect for all levels — no paddleboarding experience needed, just a willingness to flow, float, and maybe even splash a little!



Saturdays, 8-9am (summer)
Gurney Lane Recreation Area Swimming Pool, 118 Gurney Lane (summer)

Saturdays, 7-7:45am or 8-8:45am (fall)
Queensbury Elementary School Pool, 429 Aviation Road (fall/winter/spring)

AQUAEROBICS

Make a splash while getting fit! Aquaerobics is a low-impact, high-energy workout performed in the water that's easy on the joints but great for cardiovascular health, strength, and endurance. Using the natural resistance of the water, you'll tone muscles, improve flexibility, and boost your overall fitness in a fun and supportive environment. Perfect for all fitness levels, including beginners and those recovering from injury.



Tuesdays and/or Thursdays, 6:30-7:30pm
Gurney Lane Recreation Area Swimming Pool, 118 Gurney Lane (summer)
Queensbury Elementary School Pool, 429 Aviation Road (fall/winter/spring)

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! This class is for all levels of fitness and uses easy-to-follow dance routines designed to increase heart rate and improve muscular endurance. Elements of stretching and balance work will also be included in this class.



Tuesdays and/or Thursdays, 10:00-11:00am (summers off)
Hansen Center, Gurney Lane Recreation Area, 118 Gurney Lane

Our team is growing!

If you're a certified yoga instructor, we'd love to add your class to our roster.

Email Nicole at nicolet@queensbury.net or call 518-761-8214.

Please bring a yoga mat to class!
We have blocks, bolsters, and blankets for each class.