



# Virtual Fitness

## Gentle Yoga Moves

**Mondays, July 7–November 17 8:30–9:30 am**

Experience the benefits of increased flexibility, strength, and balance, as well as a sense of calm through a complete series of seated and standing yoga poses.

## Power and Balance Total Body Circuits

**Tuesdays, July 8–November 11 9:30–10:30 am**

You will be guided through timed exercises incorporating total body resistance training, core and balance exercises, and low-impact aerobics. Light to Medium hand weights will be used but are optional.

## Chair Moves

**Tuesdays, July 8–November 18 1–2 pm**

This hybrid chair-based class emphasizes strengthening, limbering, and stretching exercises for the upper and lower limbs. This is a hybrid class that can be joined virtually or in-person at the Niskayuna Senior Center.

## Core and Conditioning

**Tuesdays, July 8–August 19 5:30–6:15 pm**

Move through exercises to build core muscle strength and stability that help improve posture, reduce back pain, balance, steadiness, and overall physical performance. Optional hand weights will be incorporated.

## Stretch and Strengthen

**Thursdays, July 10–August 14 10–11 am**

Move through timed exercises at your own pace to stretch and strengthen for a complete work-out! Weights will be used, but are optional.

## Happy Hips

**Thursdays, July 10–August 14 12–12:30 pm**

Make your hips happy with stretching and strengthening exercises in standing and seated positions. This is a great option for people looking to increase hip strength and mobility or stretch out during the day.



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