

Living Well Programs

MVP Living Well programs are open to all unless otherwise noted. Most programs are free, compliments of MVP Health Care. Visit mvphealthcare.com/calendar to register for all classes. Space is limited and registration is required.

Registration for all Spring classes will open at 8 am on Tuesday, March 28.

Capital District In-Person Programs

miSci Admission Ticket Voucher

In partnership with the Museum of Science and Innovation – miSci. Enjoy a complimentary day pass to miSci in Schenectady good for use between April 10-June 16, courtesy of MVP Living Well Programs. One voucher per person; voucher can be redeemed during regular miSci hours of operation. **While supplies last*

Program Code: 6833

Daily, April 10 through June 16

Museum of Science and Innovation – miSci: 15 Museum Drive, Schenectady, NY 12308

Capital Region

Free 30 Day Trial at \$15 Value with Crunch Fitness

In partnership with Crunch Fitness in Schenectady, NY. Register to receive a complimentary 30-day trial at a \$15 value with Crunch Fitness courtesy of MVP Living Well Programs. This voucher opportunity covers a basic level membership at Crunch with the option to put the \$15 value towards a higher-level membership. Limit to one voucher per person; vouchers can be redeemed during regular hours of operation. **While supplies last*

Program Code: 6840

Daily, April 10 through June 16

Crunch Fitness: 1400 Altamont Ave, Schenectady, NY 12303

Capital Region

Bokwa Dance Moves at Clifton Park Community Senior Center

Africa's answer to Zumba! This energizing cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bokwa Dance is a fun, easy fitness program for all ages and fitness levels! This is a ten-week hybrid program that will meet on Tuesdays.

Intensity: Low to moderate, modifications are offered for all levels

Instructor: Omoye Cooper

Program Code: 6849

Tuesdays, 12-1 pm, April 11 through June 13

Clifton Park Community Senior Center: 6 Clifton Common Court, Clifton Park, NY 12065

Capital Region

Chair Moves at Niskayuna Senior Center

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering and stretching exercises for upper and lower limbs. This is a nine-week hybrid program that will meet on Tuesdays. ***No class June 13**

Intensity: Low to moderate; seated and standing options, weights optional

Instructor: Nicola McNeil

Program Code: 6850

Tuesdays, 1-2 pm, April 11 through June 6

Niskayuna Senior Center: 2682 Aqueduct Road, Niskayuna, NY 12309

Capital Region

Striders Walking Club Central Park, Schenectady

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program. As an MVP Strider, you will move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking. This is a ten-week in-person program that will meet on Wednesdays.

Meet at picnic tables between the large pavilion and restrooms.

Intensity: Low to moderate, walk at your own pace

Instructor: Staci Penna

Program Code: 6865

Wednesdays, 9-10 am, April 12 through June 14

Central Park: 500 Iroquois Way, Schenectady, NY 12309

Capital Region

Latin Moves and Toning at Queensbury Senior Center

A fun, friendly, aerobic workout anyone (including beginners) can do. This class combines fast and slow low-impact exercises, set to Latin and dance rhythms and incorporates light weights to focus on strengthening your muscles. This is a ten-week hybrid program that meets on Wednesdays.

Intensity: Moderate to high, modifications offered for all levels

Instructor: Tobey Gifford

Program Code: 6832

Wednesdays, 12-1 pm, April 12 through June 14

Queensbury Senior Center: 742 Bay Road, Queensbury, NY 12804

Capital Region

Tai Chi for Health and Fall Prevention at Glenville Senior Center

Join us for an introduction to Tai Chi! Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength. This is a ten-week in-person program that will meet on Wednesdays. This is an evidence-based program endorsed by the CDC.

Intensity: Low to moderate

Instructor: Kate McKee & Allison

Program Code: 6867

Wednesdays, 1-1:45 pm, April 12 through June 14

Glenville Senior Center: 32 Worden Road, Glenville, NY 12302

Capital Region

Striders Walking Club at Malta Community Park

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program. As an MVP Strider, you will move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking. This is a ten-week in-person program that will meet on Thursdays.

Meet Pavillion A

Intensity: Low to moderate, walk at your own pace

Instructor: Maria Migliori

Program Code: 6860

Thursdays, 9-10 am, April 13 through June 15

Malta Community Park: Plains Road, Ballston Spa, NY 12020

Capital Region

Chair Yoga at Mechanicville Senior Center

A great way to stay strong, limber, balanced, and healthy! Classic yoga poses, breathing, and meditation are adapted for the chair. This is a ten-week in-person program that will meet on Thursdays.

Intensity: Low to moderate, modifications are offered for all levels

Instructor: Bonnie Furlong

Program Code: 6861

Thursdays, 10:15-11 am, April 13 through June 15

Mechanicville Senior Center: 178 N Main Street, Mechanicville, NY 12118

Capital Region

Painting for Stress Relief with Art in Mind Studio

In partnership with Art In Mind Creative Wellness Studio. Join us to receive step-by-step instructions to create your own personal 11"X 14" acrylic masterpiece on canvas shown below and reap the many health benefits of creative expression.

Cost: Discounted Fee: \$10 per painter (\$28 value). Payment is collected through Art In Mind Wellness Studio.

Program Code: 6862

Thursday, 3:30-5 pm, April 13

Art in Mind Studio: 123 Saratoga Road, Glenville, NY 12302

Capital Region

Water Aerobics at Southern Saratoga YMCA

Improve your agility, strength, and core support in the water! This shallow water class teaches core exercises to improve balance and posture. This is a nine-week in-person program that will meet on Mondays. **No class May 29.**

Intensity: Low to moderate, modifications are offered for all levels

Instructor: Staci Penna

Program Code: 6858

Mondays, 10:15-11 am, April 17 through June 19

Southern Saratoga YMCA: 1 Wall Street, Clifton Park, NY 12065

Capital Region

Bokwa Dance Moves at Saratoga Senior Center

Africa's answer to Zumba! This energizing cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bokwa Dance is a fun, easy fitness program for all ages and fitness levels! This is a ten-week in-person program that will meet on Thursdays.

Intensity Level: Low to moderate, modifications are offered for all levels

Instructor: Omoye Cooper

Program Code: 6863

Thursdays 1-1:45 pm, May 4 through June 29

Saratoga Senior Center: 290 West Avenue, Saratoga, NY 12866

Capital Region

Troy Waterfront Outdoor Farmers Market Tokens

In partnership with the Troy Waterfront Farmers Market. Register to enjoy \$10 worth of tokens compliments of MVP Living Well Programs, these tokens will act as cash when you shop with vendors. *Limit one voucher per person while supplies last. ***Vouchers will need to be printed.**

Program Code: 6864

Saturdays, 9 am-2 pm, May 6 through July 8

Troy Waterfront Farmers Market Booth: One Monument Square Troy, NY 12180

Capital Region

Yoga and Meditation at the Harbor

In Partnership with Inner Bliss. Join us for free, outdoor Meditation and Yoga on Sunday mornings at the Mohawk Harbor Amphitheater.

Inner Bliss will be offering instruction for breath techniques (Pranayama) and guided meditation from 8:30-8:50 am and Yoga from 9-10 am.

Rain date information: Visit the Inner Bliss website or Facebook Page to learn if classes have been moved inside to the Inner Bliss Studio: 1 North Church Street, Schenectady, NY 12305. Free parking will be available in the lot across the street.

Intensity: Easy to moderate, modifications offered for all levels

Instructor: Inner Bliss

Program Code: 6851

Sundays, 8:30-10 am, June 4 through June 25

Mohawk Harbor Amphitheater: 220 Harborside Drive, Schenectady, NY 12305

Capital Region

Historic Highlights Cycling Tour

In Partnership with Schenectady County Historical Society (SCHS). Join us for a free leisurely bike ride with the resident historian from the Schenectady County Historical Society. Beginning from the Mohawk Harbor bike path through the beautiful Stockade

district to the Erie Canal beyond. This tour is suitable for all ages and fitness levels. **Bikes are not provided.**

Intensity: Low to moderate, cycle at your own pace.

Instructor: Mike Dina, SCHS Historian

Program Code: 6866

Saturday, June 10, 2-3:30 pm

Mohawk Harbor Bike Path: 200 Harborside Drive, Schenectady, NY 12305

Capital Region