



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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