



# In-Person Capital Region

## Yoga and Meditation at the Harbor

**Sundays, June 7–September 27** 8:30–10 am

Mohawk Harbor Amphitheater  
220 Harborside Drive, Schenectady

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

## Chair Moves at Niskayuna Senior Center

**Tuesday, June 16–August 18** 1–2 pm

Niskayuna Senior Center  
2682 Aqueduct Road, Niskayuna

This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs.

## Prenatal Yoga Series

**Monday, July 6–July 27** 4:30–5:30 pm

Maitri Yoga  
21 3rd Street, Troy

Connect with yourself and your baby within a supportive community. Learn functional movements to alleviate common discomfort, build endurance, and prepare for labor and birth. Each class includes movement, breathwork, education, and relaxation.

## AllWays Dance at Schenectady Senior Center

**Tuesdays** 11:15 am–Noon

**July 7–August 11**

Schenectady Senior Center  
1748 State Street, Schenectady

AllWays Dance is an adaptive, chair-based movement class designed for seniors and individuals of all abilities. The class blends dance and chair yoga in a fun, safe, and inclusive environment.

## Water Aerobics at Niskayuna Town Pool

**Tuesday, July 7–August 11** 11:30 am–12:30 pm

Niskayuna Town Pool  
2682 Aqueduct Road, Schenectady

Improve your agility, strength, and core support in the water! This shallow water class teaches core exercises to improve balance and posture.

## Essentrics® Aging Backwards at Saint Rose Campus & Athletics Center

**Wednesday, July 8–August 19** 10–10:45 am

*No class July 29*

Saint Rose Campus Events & Athletics Center  
420 Western Avenue, Albany

Essentrics® Aging Backwards is a gentle, low impact class that improves flexibility, posture, balance, and everyday movement using slow, flowing exercises inspired by tai chi and ballet. Suitable for all fitness levels, this class is offered in a safe, supportive environment, with chairs available if needed. Barefoot class—please bring a yoga mat, towel, and water.

## Aqua Moves at Saint Rose Campus & Athletics Center Pool

**Wednesday, July 8–August 19** 11–11:45 am

*No class July 29*

Saint Rose Campus Events & Athletics Center  
420 Western Avenue, Albany

This low to moderate intensity shallow water class improves strength, balance, agility, and core support in a joint friendly environment. Water shoes are recommended—please bring a towel and bottled water.

## **Intermediate Tai Chi for Health and Fall Prevention**

**Wednesday, July 8–August 12** 1:15–2 pm

**Glenville Senior Center**  
32 Worden Road, Schenectady

Explore the deeper principles of Tai Chi in this intermediate-level class designed to enhance balance, flexibility, and strength. Prior experience with Tai Chi form is recommended.

## **Strength and Striders at Colonie Center**

**Thursday, July 9–August 13** 9–10 am

**Colonie Center Mall**  
131 Colonie Center, Albany

Move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking.

## **Aqua Moves at Southern Saratoga YMCA**

**Monday, July 13–August 17** 10:15–11 am

**Southern Saratoga YMCA–Clifton Park**  
1 Wall Street, Clifton Park

Improve your agility, strength, and core support in the water! This shallow water class teaches core exercises to improve balance and posture. Intensity Level: Low to Moderate.

## **Chair Yoga at Queensbury Senior Center**

**Tuesday, July 14–November 17** 10–11 am

**Queensbury Senior Center**  
742 Bay Road, Queensbury

Classic yoga poses, breathing, and meditation are adapted for the chair. You'll be mostly seated with some options for standing postures with or without chair support. This chair-based yoga class offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being.

## **Sunflowers Acrylic Paint Class for Stress Relief**

**Thursday, July 16** 6–7:30 pm

**Art in Mind Creative Wellness Studio**  
123 Saratoga Road, Socha Plaza, Glenville

Unwind with Art in Mind Creative Wellness Studio during a relaxing acrylic painting session. Create an 11" x 14" sunflower masterpiece with easy step-by-step guidance—no experience needed. Enjoy a creative escape that supports stress relief, self-expression, and overall well-being through art.

## **New Parent and Caregiver First Aid**

**Tuesday, August 11** 6–8 pm

**Southern Saratoga YMCA–Clifton Park**  
1 Wall Street, Clifton Park

Delivered in partnership with Emergency Medical Instruction and Consulting (EMIC). This course provides first-time parents, family caregivers, babysitters, and childcare providers with essential first aid and safety skills to handle infant and child emergencies.

## **Canal Days Historical Walking Tour**

**Thursday, August 13** 6–7:30 pm

**Schenectady County Historical Society Museum**  
32 Washington Ave, Schenectady

Join the Schenectady County Historical Society for a guided one-mile walk through the Stockade Historic District and explore how the Erie Canal transformed the city in 1825. Was it a blessing or a burden? Come find out.



## Discounts

### **\$20 Off Kayak Rental at Upstate Kayak Rentals**

**July 1–August 30**

**Weekdays**

**11 am–6 pm**

**Weekends**

**10 am–6 pm**

Upstate Kayak Rentals Locations:

- **Schenectady Mohak Harbor**  
200 Harborside Drive
- **Schenectady or Waterford Boat Launch**  
First and Front Street, Waterford

In partnership with Upstate Kayak Rentals. Register to receive \$20 off your kayak rental at **one** of the Upstate Kayak Rentals locations compliments of MVP Living Well Programs.

### **Troy Farmers' Market \$10 Tokens**

**Saturday, July 4–August 29**

**9 am–2 pm**

Troy Outdoor Waterfront Farmers' Market

One Monument Square, Troy

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.

### **Schenectady Greenmarket \$10 Summer Tokens**

**Sunday, July 5–August 30**

**10 am–2 pm**

Schenectady Greenmarket Outdoors

108 Jay Street, Outside City Hall, Schenectady

In partnership with Schenectady Greenmarket.

Register to enjoy \$10 worth of tokens, compliments of MVP Living Well Programs. These tokens will act as cash when you shop with vendors.



### **Watch Anytime, Anywhere, New On-Demand Videos!**

Explore our collection of on-demand videos—featuring guided meditations, energizing fitness classes, and educational webinars.



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