



## 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](http://mvphealthcare.com/calendar) to register for all classes. Space is limited and registration is required. Confirmation emails will be sent after registration is complete.

**Registration for all Summer classes will open at 8 am on Tuesday, June 28.**

## Capital District In-Person Programs

### **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 six-week in-person program that will meet on Tuesdays.

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

Instructor: Nicola MacNeil

Program Code: 6318

Tuesdays, 1–2 pm, July 12 through August 16

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

Schenectady, Saratoga, Rensselaer and Albany counties



## **Striders Walking Club at 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 six-week in-person program that will meet on Wednesdays. *\*Your health and well-being are important to MVP Health Care, and that's why in addition to CDC and NYS guidance, we're taking extra precautions to keep you safe for this in-person program.*

Intensity: Low to moderate, walk at your own pace

Instructor: Staci Penna

Program Code: 6338

Wednesdays, 9-10 am, July 13 through August 17

Schenectady Central Park: 500 Iroquois Path, Schenectady, NY 12309

Schenectady, Saratoga, Rensselaer and Albany counties

## **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 six-week in-person program that will meet on Wednesdays.

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

Instructor: Omoye Cooper

Program Code: 6352

Wednesdays, 11 am-12 pm, July 13 through August 10

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

Schenectady, Saratoga, Rensselaer and Albany counties



## **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 six-week in-person program that meets on Wednesdays.

Intensity: Low to medium, modifications offered for all levels

Instructor: Tobey Gifford

Program Code: 6339

Wednesdays, 12-1 pm, July 13 through August 17

Queensbury Senior Center: 742 Bay Road, Queensbury, NY 12804  
Saratoga and Warren counties

## **Tai Chi Moves 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 six-week in-person program that will meet on Wednesdays.

Intensity: Low, gentle movements, modifications offered for all levels

Instructor: Kate McKee

Program Code: 6342

Wednesdays, 1:00-1:45 pm, July 13 through August 17

Glenville Senior Center: 32 Worden Road, Glenville, NY 12302  
Schenectady, Saratoga, Rensselaer and Albany counties

## **Water Aerobics at Niskayuna Town Pool**

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 six-week in-person program that will meet on Thursdays.

Intensity: Low to medium; shallow water, no need to know how to swim



Instructor: Nicola MacNeil

Program Code: 6319

Thursdays, 11:30 am-12:15 pm, July 14 through August 18

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

Schenectady, Saratoga, Rensselaer and Albany counties

### **Strength and Striders at Malta Community Center**

Gain strength, coordination and improve your balance as you move through this circuit training workout and walk the perimeter of the gym at your own pace. This is a six-week in-person program that will meet on Thursdays.

**To register call the Malta Community Center at 518-899-4411.**

Intensity: Medium to advanced, modifications are offered for all levels

Instructor: Staci Penna

Program Code: 6317

Thursdays, 12-1 pm, July 14 through August 18

Malta Community Center Gym: 1 Bayberry Drive, Malta, NY 12020

Schenectady, Saratoga, Rensselaer and Albany counties

### **Zumba Gold at Clifton Park Senior Center**

This class introduces easy-to-follow Zumba® modified choreography at a lower intensity that focuses on balance, range of motion, and coordination all set to Latin rhythms. This is a six-week in-person program that will meet on Thursdays.

Intensity: Medium to advanced, modifications are offered for all levels

Instructor: Omoye Cooper

Program Code: 6343

Thursdays, 1-2 pm, July 14 through August 18

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



Schenectady, Saratoga, Rensselaer and Albany counties

## **Rowing Down The River**

In partnership with Schenectady County Historical Society. Join an expert guide wearing 1700s clothing for a 30-minute rowing tour of the Mohawk in Mabee Farm's reproduction bateau boat.

Program Code: 6354

Saturday, 10am – 12pm (30-minute slots), July 23

Mabee Farm: 1100 Main Street, Rotterdam Junction, NY 12150

Schenectady, Saratoga, Rensselaer and Albany counties