

2017 SENIOR FITNESS



Upper Level of Niskayuna Senior Center, 2682 Aqueduct Road, Niskayuna NY 12309

Morning Session

Tuesdays & Thursdays: January 10 - March 30

9:00am - 10:00am

Fee: \$56 for 12 weeks

This class includes low-impact cardio segment and chair exercises (seated and standing) and work with free weights and dowels. Content focuses on maintaining or increasing strength, flexibility and balance. Proper breathing is emphasized.

Afternoon Session

Tuesdays & Thursdays: January 10 - March 30

4:00pm - 5:00pm

Fee: \$56 for 12 weeks

This class offers a low-impact cardio segment and exercises to increase strength, flexibility (stretching) and balance. A relaxation component is included. Proper breathing is emphasized. Hand weights and mats for floor work are included.

Registration

Register online* with a Town of Niskayuna Rec 1 account or call Senior Programs at 372-4969.

* Visit www.niskayuna.org

Click on "Recreation Programs" (top row, right column in Citizens Action Center on left side)

Click on "Online Registration" (top button in column on left)

Scroll down to "Senior" section and click on "Senior Fitness" (afternoon or morning)

Use the box to the right of the program description or in the upper left of the page to "Create an account" (first time users) or Log in (returning users)