

Capital Region In-Person Programs

Most programs are free unless otherwise noted, and offered to all members and non-members alike, compliments of MVP Health Care.

Registration for all classes will open at 9 am on Tuesday, March 25.

Register online for all classes at: mvphealthcare.com/calendar.

Registration is required and space is limited.

Intermediate Tai Chi for Health and Fall Prevention

Wednesdays through May 28 1:15–2 pm

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

The benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Chair Moves

Tuesdays through June 10 1–2 pm

**Niskayuna Senior Center
2682 Aqueduct Road, Niskayuna**

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

Chair Yoga at Queensbury Senior Center

Tuesdays through June 17 10–11 am

No class May 27

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

A great way to stay strong, limber, balanced, and healthy! Classic yoga poses, breathing, and meditation are adapted for the chair.

Aqua Moves at Southern Saratoga YMCA

Mondays, April 7-June 16 10:15–11 am

No class May 26

**Southern Saratoga YMCA Pool
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.

Strength & Cardio at Saratoga Senior Center

Mondays, April 7-June 16 11:30 am–12:15 pm

No class May 26

**Saratoga Senior Center
290 West Avenue, Saratoga Springs**

This class targets full body strength exercises to build muscle and includes cardio to improve your cardiovascular fitness! All fitness levels are welcome!

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Zumba Gold & Toning at Clifton Park Senior Center

Wednesdays, April 9-June 18 1-2 pm

**Clifton Park Community Senior Center
6 Clifton Common Court, Clifton Park**

A fun, friendly aerobic dance workout anyone can do, including beginners. This class combines fast and slow, low-impact exercises set to Latin rhythms and incorporates resistance bands to shake and sculpt your way to a healthy body for an active lifestyle.

Spring Birch Canvas Painting Class for Stress Relief with Art in Mind Studio

Tuesday, April 15 3:30-5 pm

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

Join the experienced educators from Art in Mind Creative Wellness Studio for a stress-relieving class and receive step by step instructions to create your own personal 11x14 canvas acrylic masterpiece and reap the many health benefits of creative expression.

Discounted Fee: \$10 per painter (\$40 value).

Troy Waterfront Farmers Market Tokens

Saturdays, May 3-June 28 9 am-2 pm

**Troy Waterfront Farmers Market
1 Monument Square, Troy**

Enjoy \$10 worth of Troy Waterfront Farmers Market Tokens compliments of MVP Living Well Programs, while supplies last.

Schenectady Greenmarket Tokens

Sundays, May 4-June 29 10 am-2 pm

**Schenectady Greenmarket
108 Jay Street, Outside City Hall**

Enjoy \$10 worth of Schenectady Greenmarket Tokens compliments of MVP Living Well Programs, while supplies last.

Strength and Striders at SUNY Schenectady Fitness Court

Wednesdays, April 30-June 18 9-10 am

Mohawk-Hudson Bike Trail Access Point at 78 Washington Avenue Schenectady

Move through seven timed court exercise stations designed to help you improve strength, muscle endurance, agility, flexibility, balance, and low-impact cardio-walking.

Striders Walking Club at Shenantaha Creek Park

Thursdays, May 1-June 19 9-10 am

**Shenantaha Creek Park
376 Eastline Rd, Ballston Spa**

Step outside and walk your way to wellness! You will be guided through strength and balance exercises, walk at your own pace, and reap the many benefits of walking.

Foods that Support Digestive Health Cooking Demonstration

Tuesday, May 13 4-5:30 pm

**Saratoga Senior Center
290 West Avenue, Saratoga Springs**

Join Deb from Planted Platter for a cooking demonstration and learn why healthy, plant-based meals support your digestive health and taste how delicious they are!

Yoga and Meditation at the Harbor

Sundays, June 1-September 28 8:30-10 am

**Mohawk Harbor Amphitheater
220 Harborside Drive, Schenectady**

Join us for free, outdoor Meditation and Yoga on Sunday mornings at the Mohawk Harbor Amphitheater.

The Gilded Age: A Walking Tour with the Schenectady County Historical Society

Tuesday, June 10 2:30-4 pm

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

Join us for a guided walking tour of the Schenectady Stockade to learn about the influential families who shaped the area during this transformative era of the American Gilded Age.

Visit mvphealthcare.com/calendar to see more program opportunities in this region and to register online for all classes!

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).