In-Person Capital Region

Strength and Strollers at Colonie Center Mall

Tuesdays

September 8–October 13 **10–11 am**

Colonie Center Mall

131 Colonie Center, Albany

Enjoy a full body workout with your baby! This welcoming class includes cardio, strength, core, and stretching, plus time to connect with other parents. Strollers and baby carriers welcome.

All fitness levels and trimesters welcome. Postnatal participants must be 4+ weeks postpartum (6 weeks for C-sections). Open to all stroller aged babies and tots. Led by certified pre/postnatal fitness instructor.

Chair Moves - Hybrid

Tuesdays

September 8–November 10 **1–2 pm**

Niskayuna Senior Center

2682 Aqueduct Road, Niskayuna

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 ten-week hybrid program that meets on Tuesdays.

Prenatal Yoga at Inner Bliss

Tuesdays

September 8–September 29 **4:30–5:30 pm**

Inner Bliss Yoga & Wellness

1 North Church Street, Schenectady

In partnership with Inner Bliss. Prenatal Yoga is a great practice to incorporate in preparation for childbirth and a nice way to receive some specialized attention. In this class we'll focus on safe poses and modifications for prenatal people. You can expect us to work together on hip openers, engagement of the pelvic floor, strength and stability of the limbs, and celebrating your motherhood journey.

Strength and Striders at SUNY Schenectady MVP Fitness Court

Wednesdays

September 9–October 28 **9–10 am**

SUNY Schenectady Fitness Court, Mohawk Hudson Bikeway Entrance, Schenectady

Enjoy a fun, full-body outdoor workout as you move through seven timed stations on the MVP Fitness Court. This circuit-style class improves strength, endurance, balance, flexibility, agility, and cardiovascular fitness through low-impact walking and guided exercises. A certified instructor will lead you through a warm-up, each station, and a cool-down while providing opportunities to connect and socialize with others.

Essentrics® Aging Backwards

Wednesdays

September 9–November 11 **10–10:45 am**

Neil Hellman Library, former Saint Rose Campus

392 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.

Aqua Moves

Wednesdays

September 9–November 11 **11–11:45 am**

Saint Rose Campus Events & Athletics Center

420 Western Avenue, Albany

Aqua Moves is a low to moderate intensity shallow water class that improves strength, balance, agility, and core support in a joint friendly environment. Water resistance helps build strength while reducing joint stress, making everyday movements feel easier and more stable. Water shoes are recommended. Please bring a towel and bottled water.

Zumba Gold® and Toning at Clifton Park Senior Center

Wednesdays

September 9–November 18 **1–2 pm**

**No class 10/21 ,11/11*

Clifton Park Senior Cente

6 Clifton Common Boulevard, Clifton Park

A fun, low impact fitness class designed to support healthy aging and help participants stay strong and active. This class combines easy to follow, modified Zumba steps with lightweight toning exercises to improve cardiovascular fitness, strength, flexibility, and balance.

Intermediate Tai Chi for Health and Fall Prevention

Wednesdays

September 9–November 4 **1:15–2 pm**

**No class 10/28*

Glenville Senior Center

32 Worden Road, Schenectady

Join us for an intermediate-level Tai Chi class that explores a deeper understanding of the movements and principles of this ancient Chinese practice. The benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Strength and Striders at Colonie Center

Thursdays

September 10–November 12 **9–10 am**

Colonie Center Mall

131 Colonie Center, Albany

Gain strength, coordination, and improve your balance as you move through this circuit training class that incorporates weights, balance exercises and low-impact cardio as you walk the perimeter of the mall at your own pace. More than just a workout, it's a chance to connect with others in a friendly, supportive group. This program is designed for all fitness levels with modifications offered.

Strength and Striders at Malta Community Center Gym

Thursdays

September 10–November 12 11:45 am–12:45 pm

Malta Community Center Gym

1 Bayberry Drive, Ballston Spa

Gain strength, coordination, and improve your balance as you move through this circuit training class that incorporates weights, balance exercises and low-impact cardio as you walk the perimeter of the gym at your own pace. More than just a workout, it's a chance to connect with others in a friendly, supportive group. This program is designed for all fitness levels with modifications offered.

Aqua Moves at Southern Saratoga YMCA

Mondays

September 14–November 16 **10:15–11 am**

Southern Saratoga YMCA

Clifton Park, 1 Wall Street, Clifton Park

Aqua Moves is a low to moderate intensity shallow water class that improves strength, balance, agility, and core support in a joint friendly environment. Water resistance helps build strength while reducing joint stress, making everyday movements feel easier and more stable. Water shoes are recommended. Please bring a towel and bottled water.

AllWays Dance at Saratoga Senior Center

Wednesdays

September 16–November 18 11:30 am–12:15 pm

Saratoga Senior Center

290 West Avenue, Saratoga Springs

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.

AllWays Dance at Schenectady Senior Center

Tuesdays

September 29–December 8 **11:15 am–12 pm**

***No class 11/23*

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.

Prenatal Yoga at Maitri Yoga

Mondays

October 5–October 26 **4:30–5:30 pm**

Maitri Yoga

21 3rd Street, Troy

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

Haunted Walking Tour of the Schenectady Stockade

Thursday, October 8 **6–7:30 pm**

Schenectady County Historical Society Museum

32 Washington Avenue, Schenectady

Join a resident historian from the Schenectady County Historical Society for an evening walking tour of Schenectady's historic Stockade neighborhood. Explore local history, folklore, reported spirit sightings, and mysterious tales from one of New York's oldest residential neighborhoods. The tour covers approximately 1.5 miles and lasts 60–90 minutes; comfortable walking shoes and a flashlight are recommended.

New Parent and Caregiver First Aid at Ellis Woman's Center

Tuesday, October 13 **6–8 pm**

Ellis Bellevue Woman's Center

2210 Troy-Schenectady Road, Niskayuna

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.

Breath Walk to Relax at Round Lake Preserve

Wednesday, October 21 **4–5 pm**

Rain date: Wednesday, October 28th *4-5 pm*

Round Lake Preserve

401 NY-67, Mechanicville

Welcome fall with mindful movement, slow strides, and intentional breathing. This guided breath walk invites you to connect with nature, reflect on seasonal transitions, and bring awareness to your breath and surroundings along a natural trail and boardwalk at Round Lake Preserve. The approximately 0.4-mile round-trip experience begins and ends with a relaxing group breathwork circle.

Starry Cabin Paint Class for Holiday Stress Relief

Thursday, November 12 **5:30–8 pm**

Art In Mind Creative Wellness Studio

123 Saratoga Road, Schenectady

Unwind with Art in Mind Creative Wellness Studio during a relaxing acrylic painting session. Create an 11" x 14" winter cabin scene beneath a starry sky with easy, step-by-step instruction-no experience needed. Enjoy a creative escape that promotes stress relief and self-expression for a discounted fee of $10 per painter, compliments of MVP Living Well Programs (a $30 value).

Discounts

Indian Ladder Farm Apple Picking
$10 Discount

Redeemable September 1–30

Indian Ladder Farms

342 Altamont Road, Altamont

In partnership with Indian Ladder Farms, register to receive a $10 digital voucher, compliments of MVP Living Well Programs, to use towards apple picking.

Troy Farmers Market
$10 Voucher

Redeemable Saturdays

September 5–October 31 **9 am–2 pm**

Troy 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

Sundays

September–October 25 **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.

Riverview Orchards Apple Picking
$10 Discount

Redeemable

September 15–October 15 **9 am–6 pm**

Riverview Orchards

660 Riverview Road, Rexford

In partnership with Riverview Orchards, register to receive a $10 digital voucher, compliments of MVP Living Well Programs, to use toward apple picking or purchases in the farm store.

Thrifty Connections Art Classes
$15 Voucher

Redeemable October 1–December 5

Thrifty Connections

158 Lafayette Street, Schenectady

This offer is provided in partnership with Thrifty Connections, a creative arts studio located in Schenectady. Sign up through MVP to receive $15 off your total order for creative arts classes.

**Please Note: Voucher expires and must be used before December 5.*

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

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