

# {free wellness class schedule} winter–spring 2017

**To Register** → Go to [www.cdphp.com/classes](http://www.cdphp.com/classes) or call (518) 641-4800 or toll free 1-877-986-2373

## Healthy Families

### Hip-Hop for Kids

with a Certified Instructor

At this upbeat and high-energy class, kids ages 6–12 will learn fun hip-hop techniques and combinations to their favorite music.

→ FERRARA DANCE STUDIO

2933 Hamburg St., Schenectady  
March 18, 11:30 a.m.–12:30 p.m.

### Indoor Rock Climbing

with Certified Instructors

Kids ages 10 and older can experience the great sport of rock climbing. Enjoy a huge selection of climbs for all levels of ability. Parents and caregivers are encouraged to attend.

→ ROCKSPORT

138 Quaker Rd., Queensbury  
April 9, noon–2 p.m.

### Mommy and Me Yoga

with Certified Yoga Instructor  
Megan Haley

Connect with your body while enjoying time with your baby during this fun bonding activity. Postures benefit both parent and child. For babies ages 6 weeks to 6 months.

This is a two-part program.

→ ALBANY JEWISH COMMUNITY  
CENTER (AUDITORIUM)

340 Whitehall Rd., Albany  
March 25 and April 1, 10:30–11:30 a.m.

### Prenatal Yoga

with a Certified Instructor

A gentle way for mommies-to-be to work out and connect with their bodies and their babies. The class will be taught by a certified and experienced prenatal instructor. The room is not heated above average room temperature.

This is a two-part program.

→ THE HOT YOGA SPOT

Stuyvesant Plaza (entrance is  
behind the plaza)  
1475 Western Ave., Albany  
March 5 and 12, 1:15–2:15 p.m.



## Senior Health

### Gentle Ballet

with Gail Tassarotti,  
NETA-certified instructor

Looking for a gentle, soothing workout? Feel like an elegant ballet dancer and have fun while you strengthen your body and improve balance and posture. The class will include a warm-up, beautiful dance movements, and stretching exercises. No ballet experience needed.

This is a two-part program.

→ ALBANY DANCE & FITNESS

1197 Central Ave., Albany  
April 5 and 12, 12:15–1:15 p.m.

### Keeping Health in Mind

with the Alzheimer's Association

Enjoy a 45-minute interactive program describing strategies to manage lifestyle factors within our control (diet, exercise, and mental and social activity) that can impact

the likelihood of developing Alzheimer's disease or dementia. It's appropriate for anyone who wants to reduce their risk for developing dementia.

→ WILLIAM K. SANFORD TOWN LIBRARY

629 Albany Shaker Rd., Loudonville  
April 24, 3:30–4:30 p.m.

### Sit 'n' Get Fit

with a Certified YMCA Instructor

This class improves strength, stamina, and flexibility. It includes various movements and modified cardio from a seated position.

→ YMCA OF KINGSTON & ULSTER COUNTY

507 Broadway, Kingston  
April 6, 11 a.m.–noon

### Sleep Tips for Seniors

with Barb Stevens, CHT

Learn how to create a healthy sleep environment, as well as proven techniques to fall asleep, stay asleep, and get back to sleep.

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→ WILTON MEDICAL ARTS  
3040 Route 50, Saratoga Springs  
April 6, 5–6 p.m.

## Strength and Balance

Jumpstart your way to a healthier you! Improve your strength, balance, and posture, and gain tools for creating a more active lifestyle. Designed for active older adults, this low-impact class focuses on slowly moving through a series of exercises designed to stretch all the body's major muscles in a safe and effective way. It also incorporates breathing and relaxation to reduce stress and align the mind with the body.

This is a two-part program.

→ GUILDERLAND YMCA  
WITH SUZANNE WALL, CPT  
250 Winding Brook Dr., Guilderland  
April 4 and 11, 2–3 p.m.

→ FULL CIRCLE FITNESS  
WITH LAURIE ROMAND, CPT  
251 New Karner Rd., Suite #2, Albany  
April 13 and 20, 10–11 a.m.

## Health Education

### Gain Control of Your Diabetes

with a CDPHP Health  
Promotion Specialist

Learn how to gain control of your health through good nutrition, increased physical activity, balancing emotional challenges, and managing your A1C, blood pressure, and cholesterol numbers.

This is a three-part program.

→ ALBANY JEWISH COMMUNITY CENTER  
340 Whitehall Rd., Albany  
March 27, April 3 and 10, 6–7 p.m.

### Steps to Healthy Change

with a CDPHP Health  
Promotion Specialist

Have you ever wondered why it can be so difficult to make healthy choices and change unhealthy behaviors? It's because change doesn't happen in just one step—it's a process. Join us to learn about the stages of

behavior change and what it takes to make it stick!

→ CRANDALL PUBLIC LIBRARY  
(HOLDEN ROOM)  
251 Glen St., Glens Falls  
March 20, 5:30–6:30 p.m.

### Strong Bones for Life!

Join CDPHP, the Capital District YMCA, and Hannaford Supermarket for this collaborative program to improve your awareness and understanding of the key factors affecting bone health and the best lifestyle choices for maintaining healthy bones for life. Visit [www.HealthyAlbany.org](http://www.HealthyAlbany.org) or call (518) 729-4732 to register.

→ HEALTHY LIVING CENTER  
900 Central Ave., Albany  
(Inside Hannaford Supermarket  
and Pharmacy)  
April 6, 4:30–6 p.m.

### Weigh 2 Be

with a CDPHP Health  
Promotion Specialist

Take control of your weight and health and develop a realistic, personal plan for lasting weight loss. We will look at behavior modification, nutrition, and physical activity. This program includes a weekly weigh-in.

This is a six-part series.

→ SCHENECTADY YMCA  
433 State St., Schenectady  
February 2, 9, 16, 23, March 2 and 9,  
6:30–7:30 p.m. (weigh-ins start  
at 6:15 p.m.)

### Healthy Living Center

Sponsored by CDPHP,  
Hannaford Supermarkets, and  
the Capital District YMCA

The Healthy Living Center, located at 900 Central Avenue, Albany, inside the Hannaford Supermarket and Pharmacy, offers a variety of classes, programs, and workshops led by certified instructors on topics such as fitness, nutrition, senior health, and disease management, among others. Please visit [www.HealthyAlbany.org](http://www.HealthyAlbany.org) or call (518) 729-4732 for more information.

### QTAC-NY Community Workshops

Sponsored by the Center for Excellence in Aging & Community Wellness at the University at Albany

These free workshops are designed for adults living with ongoing health conditions and/or their caregivers. Learn practical ways to feel better, be in control, and do the things you want to do. For information and to register, call 1-877-496-2780 or visit [www.qtacny.org](http://www.qtacny.org).

### New York State Smokers' Quit Line

For information about smoking cessation, you can call the New York State Smokers' Quit Line at 1-866-697-8487 or the National Quit Line at 1-800-784-8669.

### The Butt Stops Here

St. Mary's Hospital

CDPHP is proud to partner with St. Mary's Hospital to offer The Butt Stops Here smoking cessation program. Call (518) 459-2550 for information.

## Wellness

### Dealing with Back and Neck Pain

with Denise Buher, PT, Certified MDT

Chronic pain can interfere with your mood, activities, sleep, and productivity. This program will provide strengthening exercises to help prevent, manage, or reduce back and neck pain.

→ ORTHOPEDIC AND SPINE  
PHYSICAL THERAPY  
3 Hunter Brook Ln., Queensbury  
March 21, 5:30–6:30 p.m.

### Intro to Meditation

Slow your mind, slow your thoughts, and slow yourself down! Traditional meditation techniques can help balance today's hectic lifestyles, reduce stress, and improve your health. Please bring a mat, blanket, or cushion.

This is a three-part program.

→ ALBANY PUBLIC LIBRARY  
WITH JUDI ENGLAND, RN, LMT

161 Washington Ave., Albany  
March 1, 8, and 15, 5:30-7 p.m.

This is a two-part program.

--- MAC FITNESS  
WITH PATRICIA LAUFER, CYT  
743 East Chester St. (9W), Kingston  
March 26 and April 2, 11 a.m.–12:30 p.m.

### **Paper, Paper, Paper!** with Jordana Turcotte

If every surface is covered, bills are lost or not paid, and you can't find things when you need them, this class is for you! Come and learn what to keep, what to throw out, and how to set up a system to manage it all.

--- GUILDERLAND PUBLIC LIBRARY  
2228 Western Ave., Guilderland  
March 28, 6:30–8 p.m.

### **RAD: Basic Physical Defense for Women** with a Certified Instructor

RAD is a system of realistic self-defense tactics and techniques with foundations in awareness, prevention, risk reduction, and basic physical self-defense training. This 12-hour course for women includes lecture, discussion, and self-defense techniques.

This is a four-part program.

--- CICCOTTI CENTER  
30 Aviation Rd., Albany  
March 17, 24, 31 and April 7,  
5:30–8:30 p.m.

### **Tai Chi** with Certified Instructor Earl O'Bryan

This slow-moving exercise system is based on traditional Chinese medicine to enhance the mind, body, and spirit connection. Tai chi can increase coordination, flexibility, strength, and balance.

--- SUNNYVIEW HOSPITAL  
1270 Belmont Ave.,  
Schenectady  
April 13, 6–7 p.m.

## **Nutrition**

### **Delectable Desserts and Baked Treats the Healthy Way** with Capital Roots

Celebrate the winter weather with wholesome baked goods that nourish your body and satisfy your sweet tooth. A variety of tasty samples will be provided, along with instructions on adding beneficial ingredients and finding alternatives for unhealthy fats and sugars.

--- CAPITAL ROOTS  
597 River St., Troy  
February 2, 6–7 p.m.

### **The Secrets of Chefs** with Cornell Cooperative Extension

Learn how to give your food flavor with less sugar, fat, and salt!

CORNELL COOPERATIVE EXTENSION  
AT THE FOLLOWING LOCATIONS:

- 232 Plaza Rd., Kingston  
March 9, 6–7:30 p.m.
- 24 Martin Rd., Voorheesville  
March 22, 6–7:30 p.m.
- 50 West High St., Ballston Spa  
April 19, 6–7:30 p.m.

### **Warm Up the Winter with Your Slow Cooker** with Cornell Cooperative Extension

Is your slow cooker collecting dust? Bring it out and learn to use this convenient kitchen gadget to create some healthy, fast food. You may be surprised by all your slow cooker can do, from appetizers to desserts. Get your slow cooker working for you!

CORNELL COOPERATIVE EXTENSION  
AT THE FOLLOWING LOCATIONS:

- 24 Martin Rd., Voorheesville  
February 8, 6–7:30 p.m.
- 232 Plaza Rd., Kingston  
February 9, 6–7:30 p.m.
- 50 West High St., Ballston Spa  
February 16, 6–7:30 p.m.

### **Gardening for Beginners** with Capital Roots

This is an introductory course to provide new gardeners with fundamental gardening information needed for a successful growing season. We will discuss key points related to basic organic garden practices, including practical tips on soil building, weed suppression, and maintaining a healthy, productive plot.

--- CAPITAL ROOTS  
597 River St., Troy  
April 13, 5:30–6:30 p.m.

## **Fitness**

It is important to dress appropriately for all fitness classes. This includes comfortable clothing and proper footwear. We recommend bringing a towel and water.

### **Aerobic Dance** with a Certified Instructor

Salsa, hip-hop, jazz ... this class covers it all at an upbeat aerobic rate. A great full-body workout for anyone who likes to let loose and have fun while they work up a sweat.

--- IXL HEALTH & FITNESS-RHINEBECK  
2224 Route 9G, Rhinebeck  
April 8, 8:30–9:30 a.m.

### **Barre** with a Certified Instructor

Sculpt and tone your total body to feel stronger, energized, and more flexible. This class will challenge you with a mix of dance-inspired barre work, strength training, Pilates, and yoga. Bring your own mat and be ready to be challenged.

This is a two-part program.

--- ALBANY DANCE & FITNESS  
1197 Central Ave., Albany  
February 18 and 25, 1:30–2:30 p.m.

### **Belly Dancing** with Certified Instructor Eliana

Sample the magical movements and the ancient art of this beautiful and energizing dance. Rhythm, basic steps, and combina-



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tions represent the qualities of poise, grace, stamina, and flexibility. This class is recommended for all ages and body types. Wear loose and comfortable clothing (no jeans), and bring a long scarf to wear around your hips.

This is a two-part program.

→ WILLIAM K. SANFORD TOWN LIBRARY  
629 Albany Shaker Rd., Loudonville  
March 28 and April 4, 6–7 p.m.

## Bootcamp

with a Certified Instructor

Join us for non-stop calisthenics to push you past your perceived limits and max out your potential! A variety of equipment, including the step, may be used in some drills.

→ FIT HAPPENS  
39 Arterial Plaza, Gloversville  
February 4, 8–9 a.m.

## Cardio Combo

with a Certified Instructor

This class consists of intervals of aerobics alternating with intervals of strength training utilizing dumbbells, bands, isometrics, medicine/stability balls, body bars, and your own resistance. Intervals can be modified or intensified for a superior workout for all fitness levels.

This is a two-part program.

→ GLENS FALLS YMCA  
600 Glen St., Glens Falls  
March 4 and 11, 8:15–9:15 a.m.

## Core Challenge

with a Certified YMCA Instructor

This class is a combination of core strength exercises and cardiovascular intervals. This class is open to all levels.

This is a two-part program.

→ SCHENECTADY YMCA  
433 State St., Schenectady  
February 5 and 12, 10–11 a.m.



## Pilates Mat

with a Certified Instructor

Strengthen your core by integrating breathing, flexibility, strength, and body awareness to lengthen, define, and sculpt muscles. This is an intermediate-level class.

→ GUILDERLAND YMCA  
250 Winding Brook Dr., Guilderland  
March 14, 7:35–8:35 p.m.

## Punch, Strike and Kick

with a Certified YMCA Instructor

This class is a high-energy cardio fitness workout based on martial arts and boxing movements. This class may include intervals of strength conditioning.

→ GUILDERLAND YMCA  
250 Winding Brook Dr., Guilderland  
February 11, 9:15–10:15 a.m.

## Restorative Yoga

with a Certified Instructor

Specifically for individuals with previous injuries and/or special needs. Special attention is given to proper alignment of poses.

→ IXL HEALTH & FITNESS-SAUGERTIES  
3139 Route 9W, Saugerties  
March 3, 6:30–7:30 p.m.

## Spinning and Yoga

with a Certified Instructor

This class is a combination of cardio, flexibility, and mind/body. There will be 30 minutes of spinning on the bike followed by 45 minutes of restorative yoga. Great for all fitness and flexibility levels.

This is a two-part program.

→ SARATOGA CYCLING STUDIO  
422 Broadway, Suite 3,  
Saratoga Springs  
April 4 and 11, 6:30–7:45 p.m.

## Tabata Tone

with a Certified Instructor

This class includes eight cardiovascular moves done for 20 seconds each, with 10 seconds of rest in between. These intervals ensure the intensity for a huge calorie burn! Instructors will introduce resistance training and stations. All fitness levels welcome.

→ FIT HAPPENS  
39 Arterial Plaza, Gloversville  
March 11, 8–9 a.m.

## Zumba

with a Certified Instructor

Ditch the workout and join the party! Zumba fuses hypnotic Latin and international rhythms with easy-to-follow moves to create a dynamic workout.

→ DANCELAND  
638 Columbia St., Latham  
February 28, 6:15–7:10 p.m.,  
or April 29, 9:15–10:10 a.m.