



Office of General Services

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Contact:

Heather Groll | heather.groll@ogs.ny.gov | (518) 474-5987

POST-WORK, OUTDOOR FITNESS CLASSES BEING OFFERED AT THE PLAZA

Pre-Registration at EmpireStatePlaza.org Now Open

RoAnn Destito, New York State Office of General Services (OGS) Commissioner, announced a new program, “Fitness at the Plaza” presented by BlueShield of Northeastern New York, will offer free evening workout classes at the Empire State Plaza this summer with professional trainers on Tuesdays and Thursdays, beginning July 11.

“Making the best use of public facilities has been a longstanding priority for Governor Cuomo, and hosting activities that will help keep people fit and healthy is a great use of the Empire State Plaza,” Commissioner Destito said. “BlueShield of Northeastern New York has been a great sponsor of OGS events for many years, and Fitness at the Plaza is yet another wonderful result of a successful partnership between the public and private sectors.”

“For 70 years, BlueShield has been investing in our community in ways that improve the overall health and wellness of the place we are proud to call home,” said Dr. Kirk Panneton, vice president, chief medical officer, BlueShield of Northeastern New York. “We’re excited to partner with Empire State Plaza to provide healthy summer options that are fun, engaging and free for everyone, right in the heart of Albany.”

Fitness at the Plaza classes are free and open to individuals of all ages, regardless of fitness level or experience. The classes will be held outside from 5 to 6 p.m. every Tuesday and Thursday from July 11 through August 31 between Agency Buildings 2 and 3, weather permitting. The rain location will be in the Empire State Plaza Convention center meeting rooms.

Classes

- **PiYo® With Daryl Bart Fitness Every Tuesday** — This low-impact workout will leave participants’ bodies looking long, lean, and defined. The class combines the essential mind/body practices of yoga and Pilates with the principles of stretch, strength training, conditioning, and dynamic movement. No weights are required, yoga mats are optional, and people of all fitness levels are encouraged to participate. Daryl Bart is a lifelong fitness enthusiast and Beachbody LIVE instructor trained in PiYo.

- **Burn, Baby, Burn: HIIT and Sculpt with Diana Centanni Every Thursday** — A perfect way to stay fit this summer, participants will burn mega-calories using interval training rounds that work all muscle groups with a key focus on abs, glutes, and shoulders. Classes will incorporate kickboxing, core, and body weight exercises into each round for a total body sculpt. Participants will need to bring a mat and water. Diana Centanni is a high-energy instructor with more than 15 years of individual and group fitness training experience in cycling, Pilates, kickboxing, HIIT, and body sculpting.

All participants will be required to sign a waiver to participate. People are encouraged to pre-register at www.empirestateplaza.org to sign the waiver in advance and to be contacted regarding any updates to the schedule. Walk-ins are also welcome.

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