

FOR  
AGES  
**18+**



**All classes are at ONE,  
6 Collins Drive, Queensbury**

*Back by popular demand!*

## **Indoor Cycling** (max 4/session)

**Train indoors, up to 3x/week! Choose the time that works for you!**

### **TIMES**

- Mondays: 6:30-7:15pm
- Wednesdays: 5:30-6:15am
- Saturdays: 7:45-8:30am

### **SESSIONS**

- Session 1: Nov. 28-Jan. 2 | \$45 Resident; \$55 Non-Resident
- Session 2: Jan. 4-Feb. 27 | \$65 Resident; \$75 Non-Resident
- Session 3: March 1-31 | \$40 Resident; \$50 Non-Resident
- Session 4: April 12-May 29 | \$57 Resident; \$67 Non-Resident

## **FUNctional Fitness for Active Adults** (max 7/session)

**Enhance quality of life for older adults through functional strength exercises in an environment that prioritizes safety**

### **TIMES**

**For ages 55+**  
Tuesdays & Fridays,  
9:30-10:30am

### **SESSIONS**

- Session 1: Nov. 20-Dec. 22 | \$35 Resident; \$45 Non-Resident
- Session 2: Jan. 5-29 | \$35 Resident; \$45 Non-Resident
- Session 3: Feb. 2-26 | \$35 Resident; \$45 Non-Resident
- Session 4: March 2-30 | \$35 Resident; \$45 Non-Resident
- Session 5: April 13-May 28 | \$50 Resident; \$60 Non-Resident



Queensbury  
**PARKS & RECREATION**

742 Bay Road, Queensbury NY 12804 • (518) 761-8216

**Register Today!**  
**[recreation.queensbury.net](http://recreation.queensbury.net)**