

FOR
AGES
18+



All classes are at ONE,
6 Collins Drive, Queensbury

Indoor Cycling Train indoors, up to 3x/week!

TIMES

- Mondays: 6:00-6:50pm
- Thursdays: 5:30-6:20am
- Saturdays: 7:30-8:20am

Instructors:
JoAnn Dawes, Noelle Stevens

SESSIONS

- Session 1: Oct. 23-Nov. 20 (*No Class 10/30*) | \$40 Resident; \$50 Non-Resident
- Session 2: Nov. 27-Dec. 23 | \$40 Resident; \$50 Non-Resident
- Session 3: Jan. 3-Feb. 12 | \$50 Resident; \$60 Non-Resident
- Session 4: Feb. 28-April 9 | \$50 Resident; \$60 Non-Resident
- Session 5: May 7-June 4 (*No Class 5/30*) | \$40 Resident; \$50 Non-Resident

Les Mills BODYPUMP Improve strength, build lean muscle and improve overall fitness!

TIMES

- Mondays: 5:00-5:50pm
- Thursdays: 5:00-5:50pm

Instructors:
Sarah Cawrse, Hayley LeClaire

SESSIONS

- Session 1: Oct 25-Nov 18 | \$40 Resident; \$50 Non-Resident
- Session 2: Nov 29-Dec 23 | \$40 Resident; \$50 Non-Resident
- Session 3: Jan 3-Feb 10 | \$50 Resident; \$60 Non-Resident
- Session 4: Feb 28-April 8 | \$50 Resident; \$60 Non-Resident
- Session 5: April 25-June 6 (*No Class 5/30*) | \$50 Resident; \$60 Non-Resident

FUNctional Fitness for Adults Functional strength exercises to improve quality of life!

TIMES

Tuesdays & Fridays,
9:30-10:30am

Instructor:
Dr. Tomlinson Rauscher

SESSIONS

- Session 1: Oct 26-Nov 19 | \$40 Resident; \$50 Non-Resident
- Session 2: Nov 30-Dec 28 (*No Class 12/24*) | \$40 Resident; \$50 Non-Resident
- Session 3: Jan 4-Feb 11 | \$50 Resident; \$60 Non-Resident
- Session 4: Feb 15-March 25 | \$50 Resident; \$60 Non-Resident
- Session 5: March 29-May 6 | \$50 Resident; \$60 Non-Resident



Queensbury
PARKS & RECREATION

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

Register Today!
recreation.queensbury.net