



This is a high-intensity spin class written specifically for the active adult or those diagnosed with Parkinson's Disease. We focus on increasing our speed on the cycle without standing or adding too much resistance. This class is ideal for anyone who wants to improve their endurance in a cycling class while respecting arthritic joints and balance issues.

Cycle for Active Adults

**Classes are Held at the Webster Rec Center
1350 Chiyoda Dr, Webster, NY**

- ▶ Class time: Monday's at 1 - 1:45pm (**Starting March 13th**)
- ▶ Classes are modified for most fitness levels
- ▶ In-person & Zoom option available

Initial evaluation required prior to participating in our in-person or Zoom options.

Pricing:

- Individual: \$18 per Class
- 10 pk package: \$155
- Monthly Unlimited: \$139



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