

ALBANY COUNTY
VETERANS SERVICE BUREAU

VETERANS STRENGTH & CONDITIONING CLASSES



FRIDAYS at 6:15
Crossfit for the People
24 A Lishakill Rd., Albany, NY 12205



Free weekly strength and conditioning classes for veterans and supporting guests kick off on Friday, January 9.



No prior experience is required. Veterans at all levels of ability and experience are welcome.



Each month features a new training theme. January focuses on lower body strength & mobility

For any questions or inquiries, please contact 518-878-6711

FOR MORE EVENTS, VISIT:
www.albanycountyny.gov/veterans/events



Daniel P. McCoy
Albany County Executive

ALBANY COUNTY
Cares about our Veterans