

# 2022-2023 aquaerobics

Join us for a twice-per-week, safe, effective, water workout that includes a warm-up, stretching and toning, aerobic movements, and a cool-down, all set to music. The buoyancy and support of the water makes exercise less stressful on the joints.



AGES  
18+

CLASS MINIMUM: 10 CLASS MAXIMUM: 30

**Tuesdays & Thursdays, 6:15-7:15pm**  
**Queensbury Elementary School Pool**  
Aviation Road, Queensbury

**SESSION 1: September 13-October 27**

**SESSION 2: November 15-December 22**  
*(No class 11/22, 11/24)*

**SESSION 3: January 3-February 16**

**SESSIONS 1 & 3: Resident: \$56**  
**Non-Resident: \$66**

**SESSION 2: Resident: \$40**  
**Non-Resident: \$50**

**For More Information and to Register:**  
**[recreation.queensbury.net](http://recreation.queensbury.net)**  
or in-person at 742 Bay Road



Queensbury  
**PARKS &  
RECREATION**

742 Bay Road, Queensbury NY 12804 | 518-761-8216