

2024-2025 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, 6:30-7:30pm
Queensbury Elementary School Pool
Aviation Road, Queensbury

SESSION 1: September 19-October 29

SESSION 2: November 7-December 19
(No class 11/28)

SESSION 3: January 7-February 13

Resident: \$48; Non-Resident: \$63

For More Information and to Register:
recreation.queensbury.net
or in-person at 742 Bay Road



Queensbury
**PARKS &
RECREATION**

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