

2024 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, 7:00-8:00pm
Queensbury Elementary School Pool
Aviation Road, Queensbury

SESSION 3: February 27-March 28

SESSION 4: April 9-May 9

SESSION 5: May 28-June 27

Resident: \$40/session

Non-Resident: \$55/session

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