

# 2025-2026 aquaerobics

Join us for a 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

## NEW OPTION!

Choose 1 day/week or 2 days/week

**Tuesdays & Thursdays, 6:30-7:30pm**

**Queensbury Elementary School Pool**

Aviation Road, Queensbury

**SESSION 1: September 9-October 23**

**SESSION 2: October 28-December 18**

(No class 11/11, 11/27)

**SESSION 3: January 6-February 12**

### SESSIONS 1 & 2:

Resident: 2x/week \$84; 1x/week \$42

Non-Resident: 2x/week \$112; 1x/week \$56

### SESSION 3:

Resident: 2x/week \$72; 1x/week \$36

Non-Resident: 2x/week \$96; 1x/week \$48

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



Queensbury  
**PARKS &  
RECREATION**

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