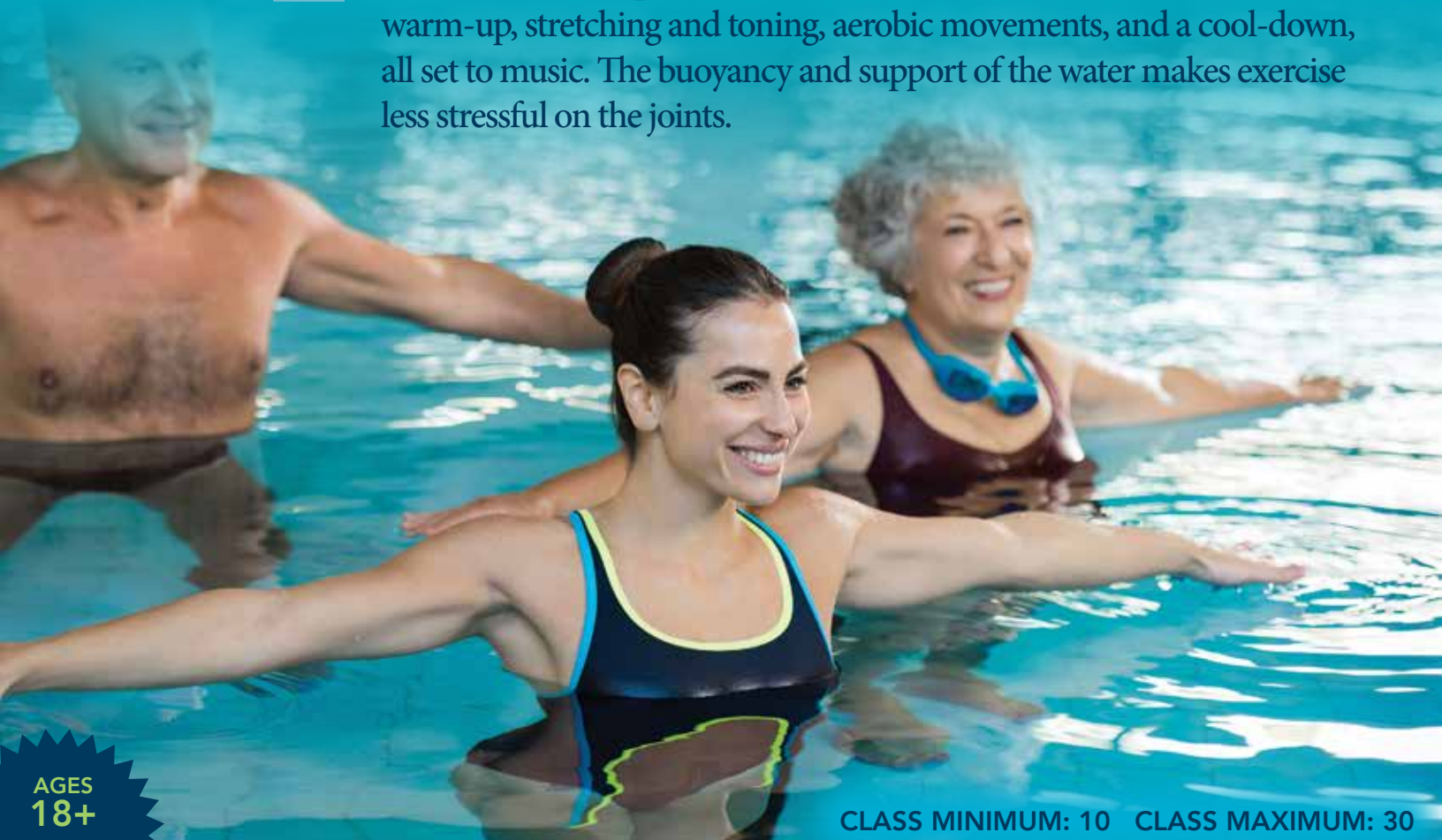


# 2025 aquaerobics

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 4: February 25-April 10**  
Resident: \$56; Non-Resident: \$71

**SESSION 5: April 22-May 29**  
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