

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

YOU'VE GOT OPTIONS!

Choose 1 day/week or 2 days/week

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

Queensbury Elementary School Pool

Aviation Road, Queensbury

SESSION 4: February 24-April 2

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

Non-Resident: 2x/week \$87; 1x/week \$51

SESSION 5: April 14-May 28

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

Non-Resident: 2x/week \$99; 1x/week \$57

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