



FAIRFAX COUNTY PARK AUTHORITY



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Information Release

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PSA-237

Take Your Workout to the Next Level with Aquathon at Fairfax RECenters

Make a splash with your workout as Aquathon returns to Fairfax County RECenters on Saturday, November 5, 2016. Act now so you don't miss this special free event.

Aquathon features high-energy water workouts for participants age 13 to adult at all nine RECenters from 2 to 5 p.m. Multiple instructors will lead various types of shallow water exercises during the three-hour session, and instructors will use various styles and intensity to give participants a broad sample of our water exercise offerings. Come for the whole three hours or any part of the session.

Register early to reserve your spot. Join an Aquathon event at Audrey Moore, Cub Run, George Washington, Lee District, Mount Vernon, Oak Marr, Providence, South Run or Spring Hill RECenters.

And don't miss the Aquatic Exercise Flex Pass sale. Passes for 20 or 30 visits only will be on sale during the month of November.

For more information, visit us online at www.fairfaxcounty.gov/parks or call the Public Information Office at 703-324-8662.

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If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.