



Parktakes EXTRA!

Water Aerobics Classes

8426 Old Mount Vernon Rd, Alexandria, VA 22309 703-780-8894 Fax: 703-781-4153

www.fairfaxcounty.gov/parks

George Washington RECenter

Mon/Wed/Fri	
8:15 – 9:10 a.m.	Aqua Fit & Tone with Linda
9:20 – 10:15 a.m.	Aqua Fit & Tone with Linda
Mon/Wed	
6:00 – 6:55 p.m.	Aerobic Water Exercise with Tori and Deborah
Tues/Thurs	
8:00 – 8:55 a.m.	Arthritis Water Exercise with Kathy
8:30 – 9:25 a.m.	Deep Water Exercise with Vicki
9:00 – 9:55 a.m.	Fibromyalgia Water Exercise with Kathy
5:05 – 6:00 p.m.	Deep/Shallow Water Exercise with Bonnie
Thursday	
6:30 - 7:25 p.m.	Aqua Zumba with Cynthia <u><i>New Class</i></u>
Sat	
9:05 – 10:00 a.m.	Aerobic Water Exercise with Mike

Announcing the NEW Aqua Exercise Flex Pass

(10, 20 or 30 admissions to the water exercise class(es) of your choice, expires four months from the date of sale.)

Pass Type	10 visits		20 visits		30 visits	
	Base Rate	Discount Rate*	Base Rate	Discount Rate*	Base Rate	Discount Rate*
Teen/Adult (13 yrs. and older)	\$119	\$104	\$223	\$208	\$327	\$312
Senior (age 65)	\$119	\$68	\$223	\$135	\$327	\$203

