3200 JERMANTOWN ROAD, OAKTON, VA 22124 703-281-6501 WWW.FAIRFAXCOUNTY.GOV

Oak Marr RECenter
WINTER 2017 Aqua Fitness Schedule
January 7th to March 24th
Class registration information on the back

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:55 am **Adv. Shallow Water Ex.** *Su Chen*	**8:00-8:55 am** **Adv. Shallow Water Ex.** *Jill*	**8:00-8:55 am** **Adv. Shallow Water Ex.** Joyce Q.		**8:00-8:55 am** **Adv. Shallow Water Ex.** *Gloria*	**8:00-8:55 am** **Water Exercise** *Vicky/Diane Rotating*	**4:00-4:55 pm** **Water Exercise** *Chris*
8:05-9:00 am **Adv. Deep Water Ex.** *Phil*		**8:05-9:00 am** **Adv. Deep Water Ex.** *Phil*		**8:05-9:00 am** **Adv. Deep Water Ex.** *Phil*	**No Classes on February 4th Due to REGIONALS.**	**5:00-5:55 pm** **Deep Water Ex.** *Chris*
9:00-9:55 am **Water Exercise** *Su Chen*	**9:00-9:55 am** **Water Exercise** *Jill*	**9:00-9:55 am** **Water Exercise** Joyce Q.		**9:00-9:55 am** **Water Exercise** *Gloria*		
9:05-10:00 am **Deep Water Ex.** *Phil*	**9:00-9:55 am** **Deep Water Ex.** *Noel*	**9:05-10:00 am** **Deep Water Ex.** *Phil*	**9:00-9:55 am** **Deep Water Ex.** *Noel*	**9:05-10:00 am** **Deep Water Ex.** *Phil*		
10:00-10:55 am **Aqua Fit-N-Tone** *Millie*	**10:00-10:55 am** **Water Exercise** *Jill*	**10:00-10:55 am** **Aqua Fit-N-Tone** *Noel*	**10:00-10:55 am** **Water Exercise** *Kristen*	**10:00-10:55 am** **Aqua Fit-N-Tone** *Millie*		
10:05-11:00 am **ABC's of Deep Water Training** *Phil*		**10:05-11:00 am** **ABC's of Deep Water Training** *Phil*		**10:05-11:00 am** **ABC's of Deep Water Training** *Phil*		
11:00-11:55 am **Arthritis** *Millie*	**11:00-11:55 am** **Arthritis** *Jill*	**11:00-11:55 am** **Arthritis** *Noel*	**11:00-11:55 am** **Arthritis** *Kristen*	**11:00-11:55 am** **Arthritis** *Mille*		
7:00-7:55 pm **Water Exercise** *Vicky*	**6:00-6:55 pm** **Water Exercise** *Diane*	**7:00-7:55 pm** **Water Exercise** *Vicky*	**6:00-6:55 pm** **Water Exercise** *Diane*			

CLASS DESCRIPTIONS.

- NEW! ABC's of Deep Water Training: Prerequisite: Students must be able to swim 25 yards continuously. This class is fast pace and targets cardio and core. Builds strength, agility and balance while maximizing the resistance of the deep water through use off aqua equipment.
- ADVANCED DEEP WATER EXERCISE: Prerequisite: Students must be able to swim 25 yards continuously. An excellent full body workout that is more intense than the Deep Water Exercise class. This class is for the experienced deep water exerciser looking for a more challenging workout.
- ADVANCED SHALLOW WATER EXERCISE: Looking for a more challenging water aerobic workout? Or are your joints wearing out from land programs? Try this high-energy, cardio-intensive class that uses water resistance to give you maximum fitness benefit. This program is for the experienced water aerobics student who wants a more intense workout and for anyone who wants to cross-train or enhances overall fitness.

(MORE CLASS DESCRIPTIONS ON THE BACK)

- AQUA FIT-N-TONE: This is a low-impact and low-intensity workout taught in shallow water. You will increase muscular endurance while you tone muscles and improve flexibility.
- ARTHRITIS: Shallow water exercises using water's buoyancy and resistance will help improve your overall range of motion, joint mobility and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.

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.

- DEEP WATER EXERCISE: Prerequisite: Students must be able to swim 25 yards continuously. Take the plunge for a no-impact workout! You'll use a variety of deep water exercises and running techniques to get the maximum benefit from water's natural resistance.
- SHALLOW WATER EXERCISE: This excellent shallow water class provides cardiovascular workout and also increases muscle tone, strength, and endurance.

WAYS TO PAY

Aqua Exercise Flex Pass – enjoy the flexibility to attend any water exercise class at any of our nine RECenters!

- Attend any coded water exercise class listed in the Water Exercise section of the Parktakes magazine or online
- Also includes use of the fitness room, pool, spa, locker rooms, sauna, and group exercise drop-in classes.
- Bring a friend; simply have an additional visit deducted from your pass when you check in. One visit deducted per person/per class.
- Valid four (4) months from the date of purchase.
- Sold at all RECenters or online at www.fairfaxcounty.gov/parks/passesonline.htm - in increments of 10, 20 or 30 visits.
- Pricing based on the same price per class fee that is used for coded classes. The senior discount and out of county fee will apply to the pass fee. However, the early registration discount and scholarships will not apply.

BUY MORE… SAVE MORE!!!

	10 VISITS		20 VISITS		30 VISITS	
	Base Rate	Discount Rate*	Base Rate	Discount Rate*	Base Rate	Discount Rate*
TEEN/ADULT *(13 years +)*	**$139**	**$124**	**$262**	**$247**	**$384**	**$369**
SENIOR** *(age 65 & older)*	**$139**	**$81**	**$262**	**$161**	**$384**	**$239**

prices effective September 2015
*****will receive Senior rate if age is 65 years & older***

Daily Drop-in Fee (or pay as you go)

- Best for the customer with a busy schedule or wanting to sample a new program.

Register for the Class – Best option for those who only attend the same scheduled class or use a scholarship to register for the class.

- Coded water exercise classes are listed in Parktakes and online www.fairfaxcounty.gov/parks/parktakes).
- Registration guarantees a space in the class, but you may only attend the class registered for.
- Check in at the front desk up to 60 minutes prior to the start of the class.
- Missed classes due to illness or personal schedule conflict will not be able to be made up. See the refund policy for more information; available at any RECenter Front Desk or online.
- If the class is cancelled by the facility, site staff will attempt to contact registrants in advance.
- Early registration discount and scholarships will be honored for those meeting the criteria.

If you have questions, please contact:
Ginger Colón, Aquatics Director at: Ginger.Colon@fairfaxcounty.gov
Or
Terra Bazemore, Program Assistant at: Terra.Bazemore@fairfaxcounty.gov
OAK MARR Main Number: 703-281-6501

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