



FAIRFAX COUNTY PARK AUTHORITY
REC CENTERS

GW Rec Center 8426 Old Mt Vernon Rd

2024 Spring Water Exercise Schedule (Registration opens 1/30/24)

Class descriptions & Aqua Flex Pass information on the back

Classes start Monday, 4/2/2024 and end Friday, 6/14/2024

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:25 am Deep Water Ex Laura B8B.DG5Z	8:00-8:55 am Arthritis Water Ex Kathy 9E8.2XS2	7:30-8:25 am Deep Water Ex Laura B8B.DG5Z	8:00-8:55 am Arthritis Water Ex Kathy 9E8.2XS2	7:30-8:25 am Deep Water Ex Laura B8B.DG5Z
8:30-9:25 am Shallow Water Ex Laura 3AD.RJ2W	9:00-9:55 am Arthritis Water Ex Kathy 9E8.CKRM	8:30-9:25 am Shallow Water Ex Laura 3AD.RJ2W	9:00-9:55 am Arthritis Water Ex Kathy 9E8.CKRM	8:30-9:25 am Shallow Water Laura 3AD.RJ2W
9:30-10:25 am Deep Water Ex Laura B8B.GP4B		9:30-10:25 am Deep Water Ex Laura B8B.GP4B	10:00-10:55 am Power Finning Laura 83P.JC2K	9:30-10:25 am Deep Water Ex Laura B8B.GP4B
10:30-11:25 am Deep Water Ex Laura B8B.TQ2K		10:30-11:25 am Deep Water Ex Laura B8B.TQ2K		10:30-11:25 am Deep Water Ex Laura B8B.TQ2K
11:30-12:25 pm Arthritis Water Ex Jean 9E8.JRSY		11:30-12:25 pm Arthritis Water Ex Jean 9E8.JRSY		11:30-12:25 pm Arthritis Water Jean 9E8.JRSY
	5:05-6:00 pm Shallow Water Ex Bonnie 3AD.3WBD		5:05-6:00 pm Shallow Water Ex Bonnie 3AD.D3WBD	

The Aqua Flex pass can be used for any class, registration is also available for the entire session.

Questions? Please call us at 703 780 894

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

Class Descriptions

- **Arthritis Water Exercise:** Shallow water exercise 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.
- **Deep Water Exercise:** Take the plunge for a workout that is no impact. You’ll use a variety of deep-water exercises and deep-water running techniques to get the maximum benefit from water’s natural resistance.
- **Shallow Water Exercise (AKA Aerobic Water Ex):** Provides cardiovascular workout and increases muscle tone, strength and endurance.
- **Power Finning:** A unique workout designed to enhance cardiovascular fitness while strengthening and toning muscles using fins, kickboards and float belts.

Aqua Exercise Flex Pass – Get the most flexibility out of your exercise options!

Purchase an Aqua Exercise Flex Pass in increments of 10, 20 or 30 admissions to any water exercise class(es) at any of the nine Rec Centers. The pass includes participation in any coded Water Exercise class, space permitting, use of the swimming pool, fitness facilities, locker room, spa, sauna, and participation in group exercise drop-in fitness classes.

Aqua Exercise Flex Pass Fees:

The Aqua Exercise Flex Pass is sold in increments of 10, 20 or 30 admissions to the water exercise class(es) of your choice **and expires four months** from the date of sale.

Pass Type	10 visits (recommended if you plan to attend 1x a week)		20 visits (recommended if you plan to attend 2x a week)		30 visits (recommended if you plan to attend 3x a week)	
	Non-County Fee	Discount Fee for Fairfax County Resident*	Non-County Fee	Discount Fee for Fairfax County Resident*	Non-County Fee	Discount Fee for Fairfax County Resident*
Teen/Adult (13 yrs. and older)	\$156	\$131	\$282	\$260	\$406	\$387
Senior (age 65 years or older)	\$156	\$85	\$282	\$169	\$406	\$251

**Fairfax County Resident discount rate requires proof of Fairfax County residency*

- The Aqua Exercise Flex Pass allows you to attend any coded water exercise class listed in the Aqua Exercise section of [Parktakes magazine or online](#). The pass also includes the use of the fitness room, pool, spa, locker rooms, sauna, and group exercise drop-in fitness classes.
- You will be issued a barcode card and will have the opportunity to use the pass at any of our Rec Centers. You may also *bring a friend with you* by having an additional visit deducted from your pass when you check in. One visit will be deducted per person, per class.
- The pass is valid for four (4) months from the date of purchase.
- The pass is sold at all Rec Centers or online at [Rec Center Membership and Daily Admission for Fairfax County Residents | Park Authority](#)
- The senior discount and out of county fee will apply to the pass fee. However, the early registration discount and scholarships will not apply