

# Cub Run Rec Center

## Spring 2025

### Water Fitness Schedule

703-817-9407  
4630 Stonecroft Blvd  
Chantilly, VA 20151

#### Registered Class Date Range

Starts: 03/31/25

Ends: 06/13/25

Aqua Flex Drop In classes:

Scheduled on a monthly basis

No class: **May:** 5/24-26 (Holiday Weekend)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Deep water fitness+</b> <b>Drop-in</b> 8:30-9:25am Michelle				
	<b>ARTHRITIS MOVEMENT*</b> <b>Registration or Aquaflex</b> 9:00-9:55am Peggy		<b>ARTHRITIS MOVEMENT*</b> <b>Registration or Aquaflex</b> 9:00-9:55am Peggy	
		<b>Shallow Water Walking+</b> <b>Drop-in</b> 9:30-10:25am Michelle		
	<b>DEEP WATER FITNESS*</b> <b>Registration or Aquaflex</b> 10:00-10:55am Peggy		<b>DEEP WATER FITNESS*</b> <b>Registration or Aquaflex</b> 10:00-10:55am Peggy	

*\*ParkTakes registration, AquaFlex Pass holders, or Aquatic Drop-In rate admission  
+drop in for membership pass this class only*

## Class Descriptions

- **Arthritis Movement:** Shallow water exercises using water's buoyancy and resistance helps 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 Fitness:** Take the plunge for a no-impact workout. You use a variety of deep-water exercises and running techniques to get the maximum benefit from water's natural resistance.
- **Aerobic Water Fitness:** This shallow-water class provides cardiovascular workout and increases muscle tone, strength and endurance.
- **Shallow Water Walking:** This class is designed to improve muscle tone and aerobic fitness. Ideal for those who want the effects of walking without adding stress to muscles and joints. Instructors guide participants in different types of walking in water to benefit all parts of the body.



**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 (9) RECenters. 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:**

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

<i>pass Type</i>	<i>10 visits</i>		<i>20 visits</i>		<i>30 visits</i>	
	<i>Non County Fee</i>	<i>Discount Fee for Fairfax County Resident*</i>	<i>Non County Fee</i>	<i>Discount Fee for Fairfax County Resident*</i>	<i>Non County Fee</i>	<i>Discount Fee for Fairfax County Resident*</i>
<i>Teen/Adult (13 yrs.- older)</i>	<b>\$146</b>	<b>\$131</b>	<b>\$275</b>	<b>\$260</b>	<b>\$402</b>	<b>\$387</b>
<i>Senior (65 years or older)</i>	<b>\$146</b>	<b>\$85</b>	<b>\$275</b>	<b>\$169</b>	<b>\$402</b>	<b>\$251</b>

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. 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. You will be issued a barcode card and will have the opportunity to use the pass at any of our nine (9) 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 RECenters or online at [www.fairfaxcounty.gov/parks/passesonline.htm](http://www.fairfaxcounty.gov/parks/passesonline.htm).

The senior discount and out of county fee will apply to the pass fee. However, the early registration discount and scholarships will not apply.

If you have any questions, feel free to contact us by phone at 703-817-9407 or email: Elizabeth Cook ([Elizabeth.Cook@fairfaxcounty.gov](mailto:Elizabeth.Cook@fairfaxcounty.gov)), Aquatics Director