

Cub Run Rec Center
Winter 2026
Water Fitness Schedule

703-817-9407

Registered Class Date Range

Starts: 01/03/2026

Ends: 03/29/2026

Aqua Flex Drop In classes:
 Scheduled on a monthly basis

Monday	Tuesday	Wednesday	Thursday	Friday
Deep water fitness+ Drop-in 8:30-9:25am Michelle				
	ARTHRITIS MOVEMENT* Registration or Aquaflex 9:00-9:55am Peggy		ARTHRITIS MOVEMENT* Registration or Aquaflex 9:00-9:55am Peggy	
		Shallow Water Walking+ In leisure pool Drop-in 9:30-10:25am Michelle		
	DEEP WATER FITNESS* Registration or Aquaflex 10:00-10:55am Peggy		DEEP WATER FITNESS* Registration or Aquaflex 10:00-10:55am Peggy	
	WATER FITNESS IN LEISURE POOL DROP-IN 7:00-7:55pm Michelle			

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

- **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.
- **Water Fitness:** This high-energy, cardio-intensive class uses water resistance to give you maximum fitness benefits. This program is for the experienced water aerobics student who wants a more intense workout and for anyone who wants to cross-train or enhance overall fitness



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*

pass Type	10 visits		20 visits		30 visits	
	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.- older)	\$146	\$131	\$275	\$260	\$402	\$387
Senior (65 years or older)	\$146	\$85	\$275	\$169	\$402	\$251

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.

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), Aquatics Director