

PROVIDENCE REC CENTER

Water Exercise Schedule – FALL 2025

Monday/Wednesday/Friday AM		Start on a Wed: 9/3	End: 12/19	No Class Meets: 11/27,11/28	
Shallow Aerobics	7:30am-8:25am	3AD.0SZ9	Tammy (M) Lisa (W) Jim (F)	X45	
Deep Water Ex	8:30am-9:25am	B8B.HXUG	Tammy (M) Lisa (W) Jim (F)	X45	
Adv. Deep Water	9:30am-10:25am	B79.VGKM	Tammy (M) Lisa (W) Jim (F)	X45	
Shallow Aerobics	10:30am-11:25am	3AD.WZ8H	Tammy (M) Lisa (W) Jim (F)	X45	
Arthritis Water Ex	11:30am-12:25am	9E8.YF2C	Tammy (M) Lisa (W) Jim (F)	X45	
Tuesday/Thursday AM		Start: 9/2	End: 12/18	No Class Meets: 11/27	
Shallow Aerobics	8:30am-9:25am	3AD. QJVD	Mary	X31	
Shallow Aerobics	9:30am-10:25am	3AD. MJK9	Mary	X31	
Water Walking	10:30am-11:25am	7B5. 1RDU	Debbie	X31	
Arthritis Water Ex	11:30am-12:25am	9E8. 8TLO	Debbie	X31	
Tuesday/Thursday Evening		Start: 9/2	End: 12/18	No Class Meets: 11/27	
Deep Water Ex	5:50pm-6:45pm	B8B. XI7T	Jill	X31	
Deep Water Ex	6:50pm-7:45pm	B8B. KZSD	Jill	X31	
Sunday		Start: 9/7	End:12/21	No Class Meets: 11/30	
Shallow Aerobics	9am-9:55am	3AD. 4XTU	Laura	X15	



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

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Water Aerobics Class Descriptions

Aqua Get Fit (13-Adult)

This class focuses on building strength, balance, and endurance using the buoyancy and support of the water. Designed for those new to water exercise or those looking for a new fitness opportunity, this fun-filled class focuses on using aqua fitness to progress individual health goals.

Aerobic Water Exercise (13-Adult)

his excellent shallow water class provides cardiovascular workout and also increases muscle tone, strength and endurance.

Arthritis Water Exercise (13-Adult)

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 Exercise (13-Adult)

Prerequisite: Students must be able to swim 25 yds. Continuously. 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.

Deep Water Hydro Pilates (13-Adult)

Prerequisite: Students must be able to swim 25 yds. Continuously. Take the plunge for a workout that is no impact! Use Pilates moves in the deep water to help you increase your range of motion, challenge and strengthen core stability and control and build abdominal and back strength, flexibility and muscle tone.

Advanced Water Aerobics (13-Adult)

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 enhance overall fitness.

Arthritis Deep Water Exercise (13-Adult)

Prerequisite: Students must be able to swim at least 25 yds. Continuously. Deep water exercise can increase muscle strength, endurance and cardiovascular fitness. Exercises also provides a challenge for alignment and posture, balance and coordinated movement. All students wear a flotation device.

Water Walking (13-Adult)

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.