



FAIRFAX COUNTY PARK AUTHORITY
REC CENTERS
Aquatics

SPRING HILL REC CENTER

FALL 2024 AQUA FITNESS CALENDER 09/03-12/20

Time	Class Name	Code	Instructor	Meets
MON/WED/FRI		Start: 09/16	End: 12/20	
NO CLASS- FRIDAY, NOVEMBER 29 th (ALL)				
7:30-8:25a	ADV. Shallow WE	40C.CMO7	Rotating	45x
8:30-9:25a	Shallow WE	3AD.RFI3	Rotating	45x
9:40-10:35a	Deep WE	B8B.K2JX	Mary/Pam	45x
10:40-11:35	Arthritis WE	9E8.0TKL	Mary/Pam	45x
TUESDAY		Start: 09/17	End: 12/17	
9-9:55a	Deep WE	B8B.RC67	PAM	16x
10-10:55a	ADV. Shallow WE	40C.BHKI	PAM	16x
11-11:55a	Aqua FITNESS- Drop In	n/a	Jennifer	16x



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