## Audrey Moore Rec Center
### Water Exercise Schedule
**Spring 2022—April - Mid June**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td>8:00-8:55 am Deep Water Exercise Carroll</td>
<td>8:00-8:55 am Deep Water Exercise Tracy <strong>AVAILABLE FOR MEMBERSHIP HOLDERS</strong></td>
<td>8:00-8:55 am Deep Water Exercise Carroll</td>
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<td></td>
<td>8:50–9:45 am Aerobic Exercise Debbie</td>
<td>9:05-10:00 am Aerobic Exercise Tracy</td>
<td>8:50–9:45 am Aerobic Exercise Debbie</td>
<td>9:05-10:00 am Aerobic Exercise Peggy</td>
<td>8:50–9:45 am Aerobic Exercise Debbie</td>
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<td>10:00–10:55 am Water Walking Debbie</td>
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<td>11:00—11:55 am Deep Water Exercise James</td>
<td>11:00–11:55 am Deep Water Exercise Deb</td>
<td>11:05 am - 12:00 pm Arthritis Water Exercise Bill</td>
<td>11:00–11:55 am Deep Water Exercise Deb</td>
<td>11:05 am- 12:00 pm Arthritis Water Exercise Bill</td>
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<td></td>
<td>8:00–8:55 pm Stroke Mechanics (Adult) Molly <strong>AVAILABLE FOR MEMBERSHIP HOLDERS</strong></td>
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**Additional Information:**

**Drop-In Rates:**
- Fairfax County Resident $13.50
- Non-County $16.50

**Registered classes:**
- Starts 4/11/2022
- Ends 6/12/2022
- Aqua Flex Drop In classes:
  - Scheduled on a monthly basis

**No Class:**
- May 28th-30th

**Schedule is subject to change and classes may be cancelled if regular attendance is low. Check with the front desk staff for most up-to-date schedule. Wrist bands will be given out for each and every class – please wear them!**
Class Descriptions

- **Aqua Fit and Tone**: This is a low-impact and low-intensity workout taught in shallow water. You will increase muscular endurance while you tone muscles and improve flexibility.

- **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.

- **Power Finning**: With the use of fins, kickboards, and float belts, this unique workout is designed to enhance cardiovascular fitness while strengthening and toning muscles.

- **Aerobic**: This excellent shallow water class provides cardiovascular workout and also increases muscle tone, strength and endurance.

- **Water Jogging**: Join us for an interval training running workout for active runners, beginning runners, or anyone striving to give themselves a challenging deep water workout.

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) RECenbers. 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

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>10 visits</th>
<th>20 visits</th>
<th>30 visits</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Non County Fee</td>
<td>Discount Fee for Fairfax County Resident*</td>
<td>Non County Fee</td>
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<tr>
<td>Teen/Adult (13 yrs. and older)</td>
<td>$142</td>
<td>$127</td>
<td>$267</td>
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<tr>
<td>Senior (age 65 years or older)</td>
<td>$142</td>
<td>$83</td>
<td>$267</td>
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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) RECenbers. 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 RECenbers 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 703-321-7081 or email: Howie Abasto (Howard.Abasto@fairfaxcounty.gov),

Aquatics Director

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