

Audrey Moore Rec Center

Water Exercise Schedule

Spring 2024: April—Mid June



FAIRFAX COUNTY PARK AUTHORITY

REC CENTERS

Aquatics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9:00–9:55 am Aerobic Exercise Debbie **AVAILABLE FOR MEMBERSHIP HOLDERS**		9:00–9:55 am Aerobic Exercise Debbie		9:00–9:55 am Aerobic Exercise Bill
	10:00–10:55 am Water Walking Debbie		10:00–10:55 am Water Walking Debbie		10:00–10:55 am Water Walking Bill
11:00—11:55 am Deep Water Exercise James	11:00–11:55 am Deep Water Exercise Debbie	11:05 am - 12:00 pm Arthritis Water Exercise Bill	11:00–11:55 am Deep Water Exercise Debbie	11:05 am- 12:00 pm Arthritis Water Exercise Bill	
Additional Information:					
<u>Drop-In Rates</u> Fairfax County Resident \$13.50 Non-County \$16.50	<u>Registered Class Date Range</u> Starts: 04/01/2024 Ends: 06/16/2024 Aqua Flex Drop In classes: Scheduled on a monthly basis	<u>No Classes on</u> April: N/A May: 5/25-27 June: N/A			

****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

- **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.
- **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) 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. and 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 703-321-7081 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