

theNEWS *in your neighborhood*



Winter 2022

DROP-IN FITNESS SCHEDULE

Chinquapin Park Recreation Center & Aquatic Facility

4653 Taney Ave, Alexandria, VA 22304, 703.746.5557

	SUN	MON	TUE	WED	THU	FRI	SAT
6 a.m.			AB	BY	AB		
7 a.m.							
8 a.m.							
9 a.m.			AES		AES		
10 a.m.	AZ	AA	AES	AA	AES	AS	CC AS
11 a.m.		DW		DW		BB	
12 p.m.			WW		WW	BC	
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.			SF				
7 p.m.			HY	DW			
8 p.m.		AZ	BLT		CC		
9 p.m.							

- = Aqua Zumba (AZ)
- = Aqua Aerobics (AA)
- = Aqua Bootcamp (AB)
- = Aqua Spin (AS)
- = BodyBlast Bootcamp (BB)
- = Aquatic Exercise for Seniors (AES)
- = Senior Fitness (SF)
- = Hatha Yoga (HY)
- = Body Sculpt Yoga (BY)
- = Buns, Legs, & Tummy (BLT)
- = ChinquaCircuit (CC)
- = Water Walking (WW)
- = Deep Water Aqua Exercise (DW)
- = BodyBlast Cardio/Core (BC)



For a complete listing of programs available and to register, visit alexandriava.gov/Recreation
 DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES • 703.746.5414

