

theNEWS *in your neighborhood*



Winter 2022

DROP-IN FITNESS CLASSES

Chinquapin Park Recreation Center & Aquatic Facility

4653 Taney Ave, Alexandria, VA 22304, 703.746.5557

BODYBLAST BOOTCAMP

Fridays, 10:00 - 11:00 a.m.

Ages 18 and up: Classes will incorporate cardio, strength and balance. We'll work the entire body! Class is designed for beginner through advanced with modifications for your level.

BODYBLAST CARDIO/CORE

Fridays, 11:00 - 11:30 a.m.

Ages 18 & up. 30 Minutes of cardiovascular and core exercises. This class is designed to keep the heart rate up as we move through the exercises.

CHINQUACIRCUIT

Thursdays, 7:15 - 8:00 p.m.

& Saturdays, 9:00 - 9:45 a.m.

Ages 18 & up. Accomplish your weekend fitness goal with a 45-minute full-body circuit incorporating functional strength and cardio training plus stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will give you more personalized attention from the instructor to ensure proper form.

SENIOR FITNESS

Tuesdays, 5:30 - 6:30 p.m.

Ages 55 & up. This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great!

HATHA YOGA

Tuesdays, 6:45 - 7:45 p.m.

Ages 18 & up. This yoga class will emphasize muscle strengthening, breathing, and healthy pose alignment. Welcome home to your body and re-connects with the harmony within. Open for all fitness levels!

BODY SCULPT YOGA WITH WEIGHTS

Wednesdays, 6:15 - 7:15 a.m.

Ages 18 & up. Boost metabolism and build lean muscle mass as you couple intelligently sequenced yoga moves with weights to intensify the poses. Beginner-friendly.

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AQUATIC CLASSES**

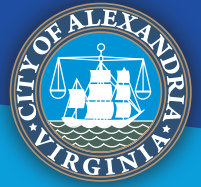


For a complete listing of programs available and to register, visit alexandriava.gov/Recreation

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES • 703.746.5414



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DROP-IN AQUATIC CLASSES

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AQUA ZUMBA

Sundays, 9:00 - 10:00 a.m.
& Mondays, 7:15 - 8:05 p.m.

Ages 18 & up. It's a Zumba pool party! Aqua Zumba blends together the Zumba formula and philosophy with Aqua fitness disciplines. Aqua Zumba is a challenging water-based work out that is cardio-conditioning, body toning, and exhilarating.

AQUA AEROBICS

Mondays & Wednesdays, 9:00 - 10:00 a.m.

Ages 18 and up. A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

AQUA BOOTCAMP

Tuesdays & Thursdays, 6:10 - 7:10 a.m.

Ages 18 & up. Get ready to be challenged by the resistance of the water in Aqua Bootcamp! Adults can benefit from this high intensity, interval workout using resistance equipment for an additional challenge. It combines strength training and aerobic conditioning with water resistance to give you an awesome overall body workout!

AQUA SPIN

Fridays & Saturdays, 9:00 - 10:00 a.m.

Ages 18 & up. Aqua Spin is a unique cycling experience in shallow water that pairs the challenge of high-intensity cardio and full body toning with the natural healing properties of the water. Adjustable resistance settings make it easy to adjust the bike to your capabilities and exercise level. Rubber water shoes are required.

AQUATIC EXERCISE FOR SENIORS

Tuesdays & Thursdays,
8:15 - 9:00 a.m. & 9:30 - 10:15 a.m.

Ages 55 & up. Improve muscular and cardiovascular strength and endurance without jumping, running or swimming. Eliminate joint aches, improve balance and minimize chances of falling.

BLT (BUNS, LEGS, & TUMMY)

Tuesdays, 7:40 - 8:30 p.m.

Ages 18 & up. Participants will work to tighten, tone and strengthen their core and lower body with plenty of music to accompany!

WATER WALKING

Tuesdays & Thursdays, 10:55 - 11:55 a.m.

Ages 16 & up. Water walk your way to fitness with this fun and exciting class experience! This non-weight bearing class will condition, build, tone and strengthen muscles using the water in a lively atmosphere set to popular music of the past and present. Come on down, move your body, and water walk with us.

DEEP WATER AQUA EXERCISE

Mondays & Wednesdays, 10:10 - 11:10 a.m.
& Wednesdays, 6:30 - 7:30 p.m.

Ages 18 and up. Improve balance and up your cardio with cycling-style exercises in the pool. The water adds resistance, and helps with flexibility and range of motion.

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FITNESS CLASSES**



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