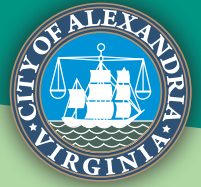


theNEWS *in your neighborhood*



Spring 2022

DROP-IN FITNESS SCHEDULE

Chinquapin Park Recreation Center & Aquatic Facility

3210 King Street, Alexandria, VA 22302, 703.746.5441

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------|-----|-----|-----|-------|-----|-----|-------|
| 6 a.m. | | | AB | BY AS | 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 | SC | DA | SC | BB | |
| 12 p.m. | | | WW | | WW | BC | |
| 1 p.m. | | | | | | | |
| 2 p.m. | | | | | | | |
| 3 p.m. | | | | BS | | | |
| 4 p.m. | | | | | | | |
| 5 p.m. | | | | | | | |
| 6 p.m. | | | | | | | |
| 7 p.m. | | DC | | | | | |
| 8 p.m. | | FY | AZ | HLW | DW | CY | CC |
| 9 p.m. | | | BLT | DW | | | |

- = Aqua Zumba (AZ)
- = Balance & Stretch (BS)
- = Senior Circuit (SC)
- = ChinquaCircuit (CC)
- = Aqua Aerobics (AA)
- = Candlelight Yoga (CY)
- = BodyBlast Bootcamp (BB)
- = Water Walking (WW)
- = Aqua Bootcamp (AB)
- = Evening Flow Yoga (FY)
- = BodyBlast Cardio/Core (BC)
- = Deep Water Aqua Exercise (DW)
- = Body Sculpt Yoga (BY)
- = Hi/Lo Water Aerobics (HLW)
- = Deep Water Aqua Aerobics (DA)
- = Aquatic Exercise for Seniors (AES)
- = Hatha Yoga (HY)
- = Buns, Legs, & Tummy (BLT)
- = Get in Deep with Candice (DC)



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

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES • 703.746.5414

