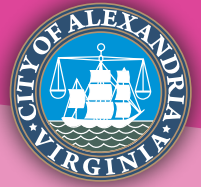


# theNEWS *in your neighborhood*



Summer 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		AB		
7 a.m.							
8 a.m.							
9 a.m.			AES		AES		
10 a.m.	AZ		AES		AES		CC
11 a.m.		DA	SC	DA	SC	BB	
12 p.m.			WW		WW	BC	
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.				BS			
5 p.m.							
6 p.m.							
7 p.m.		DC	HY	DA			
8 p.m.		FY		DA	CY	CC	
9 p.m.							

- = Aqua Zumba (AZ)
- = ChinquaCircuit (CC)
- = Senior Circuit (SC)
- = BodyBlast Bootcamp (BB)
- = Aqua Bootcamp (AB)
- = Water Walking (WW)
- = Balance & Stretch (BS)
- = BodyBlast Cardio/Core (BC)
- = Aquatic Exercise for Seniors (AES)
- = Deep Water Aqua Aerobics (DA)
- = Evening Flow Yoga (FY)
- = Candlelight Yoga (CY)
- = Hatha Yoga (HY)
- = Get in Deep with Candice (DC)



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