

# theNEWS *in your neighborhood*



Fall 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	AA	CG	AA	AES		CC
11 a.m.		DA		DA		BB	AS
12 p.m.		HL	WW		WW	BC	
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.					BC		
6 p.m.							
7 p.m.		DC	HL	DA	HL		
8 p.m.		FY	BLT	DA	CC		
9 p.m.							

- = Aqua Zumba (AZ)
- = Aqua Aerobics (AA)
- = Aqua Bootcamp (AB)
- = Aquatic Exercise for Seniors (AES)
- = ChinquaCircuit (CC)
- = Water Walking (WW)
- = Deep Water Aqua Aerobics (DA)
- = Get in Deep with Candice (DC)
- = Hi/Lo Water Aerobics (HL)
- = ChinquaCircuit Gold (CG)
- = Aqua Spin (AS)
- = Balance & Stretch (BS)
- = Evening Flow Yoga (FY)
- = BodyBlast Bootcamp (BB)
- = BodyBlast Cardio/Core (BC)
- = Buns, Legs, & Tummy (BLT)

**DROP-IN**

- **FREE Land Classes** for Pass Holders and City Employees (**\$12 for everyone else**)
- **\$12 Aquatic Classes** for ALL (Including Pass Holders and City Employees)



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