

# theNEWS *in your neighborhood*

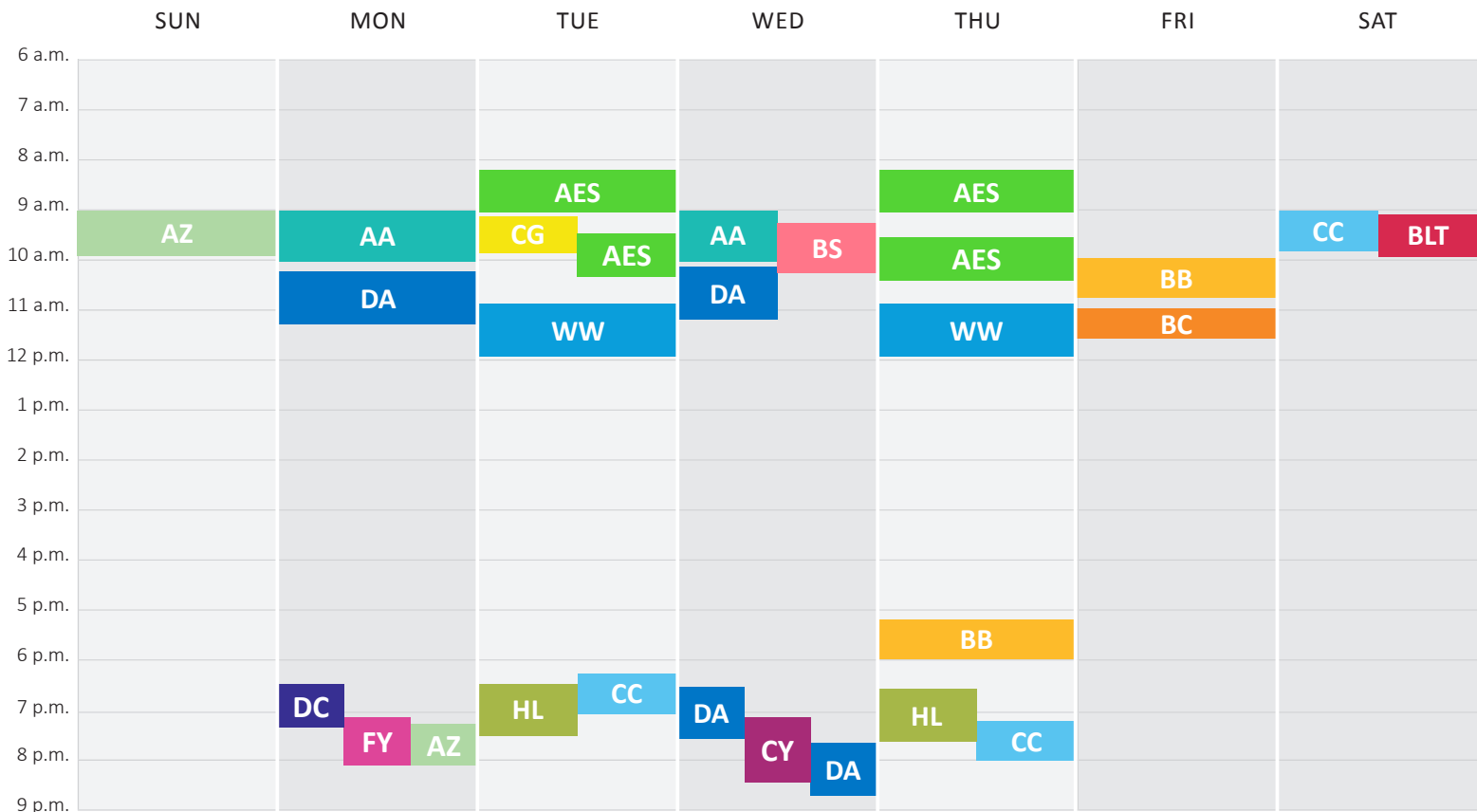


Winter 2023

## DROP-IN FITNESS SCHEDULE

### Chinquapin Park Recreation Center & Aquatic Facility

3210 King Street, Alexandria, VA 22302, 703.746.5553



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

**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