

Drop-In Fitness Schedule

Fall 2026 Classes

Chinquapin Park Recreation Center & Aquatics Facility

3210 King St., Alexandria, VA | 703.746.5553

Hours of Operation:

Monday–Thursday: 6 a.m.–9 p.m.

Friday: 6 a.m.–6 p.m.

Saturday–Sunday: 8 a.m.–6 p.m.

	MON	TUE	WED	THU	FRI	SAT	SUN
7 a.m.							
8 a.m.	AZ	BF		TB			
9 a.m.		AS		AS			
10 a.m.	AE	AS SC	AE	AS		CC	AZ
11 a.m.	DW		DW				
12 p.m.		WW		WW			
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.		SC HL		HL PY			
8 p.m.	AZ		CY				
9 p.m.							

Ages 16+

 = Water Walking (WW)

 = Candlelight Yoga (CY)

 = Intro to Power Yoga 1 (PY)

Ages 18+

 = Aqua Aerobics (AE)

 = ChinquaCircuit (CC)

 = Tabata (TB)

 = Aqua Zumba (AZ)

 = Deep Water Aqua Aerobics (DW)

Ages 55+

 = Aquatic Exercise for Seniors (AS)

 = BoxFit (BF)

 = Hi/Lo Water Aerobics (HL)

 = Senior ChinquaCircuit (SC)



DEPARTMENT OF
RECREATION, PARKS &
CULTURAL ACTIVITIES

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