

WATER AEROBICS



Fort Belvoir Benyaurd Pool

Monday

Shallow Water:
8:30 a.m. to 9:25 a.m.

Deep Water:
9:30 a.m. to 10:25 a.m.

Wednesday

Shallow Water:
8:30 a.m. to 9:25 a.m.

Deep Water:
9:30 a.m. to 10:25 a.m.

Shallow & Deep Water:
6:15 p.m. to 7:10 p.m.

If you're looking for a good all-around aerobic exercise, why not try a water fitness workout? Participate in any class with a 10-visit punch card for only \$40!

Our water aerobic classes provide a friendly, fun atmosphere!

Information: 703.805.2620
www.belvoirmwr.com/pools

