

Fort Belvoir Benyuard Indoor Pool

Water Fitness Workouts

you're looking for a good all-around form of aerobic exercise why not try a water fitness workout?

Monday, Wednesday, & Thursday Mornings

Shallow Water 9 to 9:55am

Deep Water 10 to 10:55am

Our Water aerobic classes provide a friendly, fun atmosphere in which exercises are aimed at endurance building, muscles strengthening and improving range of motion while immersed in water puts much less stress on your body joints.

Both deep and shallow classes are 55 minutes long. They are broken down in this format: 10 minutes for warm-up and stretching; 30 minutes for cardio; 10 minutes for arms and abs target; and 5 minutes for cool down and stretching.

Since everyone goes at their own pace, these workouts are perfect for the beginner as well as the experienced.

23rd St. and Gunston Rd. Fort Belvoir, Va Contact us at 703-805-2620

Take the Fitness Challenge and Try the First Class for Free!

participate in any class with a 10-visit punch card.

punch Cards are only **\$40** Good for three months at a time!

