

# AQUA AEROBICS

## Aqua Athlete (Deep Water) Aerobics

Tuesdays and Thursdays • 10:30 – 11:30 AM  
in the deep end of the pool

## Aqua Fit (Shallow Water) Aerobics

Mondays and Wednesdays • 10:30 – 11:30 AM  
in the shallow end of the pool

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These classes are **free**.  
Please sign up prior to attending.

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Zembiec Pool, Henderson Hall  
703-693-7351 or 703-695-1591



[www.mccsHH.com](http://www.mccsHH.com)