

Fitness, Warm Water Aerobics

Available 24/7

No

Other Eligibility Criteria

No residency requirement. Any age; participants are generally over the age of 45

Intake Process

Call for information

Report Problems

Call the Agency

George Mason University

<https://www.gmu.edu/>

<https://recreation.gmu.edu/aqua-aerobics/>

<https://www.facebook.com/georgemason/>

<https://twitter.com/GeorgeMasonU/>

Main

(703) 993-3939

George Mason University

4400 University Drive

22030 VA

United States

Additional Availability Comments

Visit the website to see when the classes are offered for each season/session.

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

George Mason University Recreation offers warm water aerobics classes to keep fit and help joints and arthritis. Shallow water aerobics helps to increase strength and muscle tone, build endurance, improve cardiovascular conditioning and relieve stress. Classes are offered on Tuesday and Thursday.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,

Falls Church City

,

Loudoun County

,

Prince William County