

# Lee District RECenter Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Outdoor Gentle Yoga</u> Judy 9:00 am Pool Deck U4D.XNFF		<u>Outdoor Gentle Yoga</u> Judy 9:00 am Pool Deck U4D.92BC	<u>Outdoor Tai Chi I</u> Sally 6:30 pm Pool Deck I89.ALMA	<u>Outdoor Zumba</u> Kathy 7:00 pm Field YSU.FOB2	<u>Outdoor BODYCOMBAT</u> Jennifer H. 10:00 am Field ZQ6.VX5L
<u>Outdoor Yoga</u> Judy 10:30 am Pool Deck KS3.A6FZ		<u>Outdoor Yoga</u> Judy 10:30 am Pool Deck KS3.A6FZ			
<u>Outdoor PiYo</u> Jennifer S. 6:30 pm Field YL3.373J		<u>Outdoor Mix It Up</u> Nancy 6:30 pm Field F8R.SKV1			
		<u>Outdoor Zumba</u> Seneyda 7:30 pm Field YSU.3TZ3			

Outdoor fitness classes are now open for registration. Links in this document will take you directly to the class registration page.

Classes will begin the week of Saturday 6/27/2020 - Friday 7/3/2020.\*

For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: [Morgan.Buck@fairfaxcounty.gov](mailto:Morgan.Buck@fairfaxcounty.gov)

\*Some exceptions apply, classes with an asterisk after the title will start after 7/3/20. Follow the link for specific start dates.



For accommodations, contact Inclusion and ADA Support at (703)324-8563. TTY Va. Relay 711.

[www.fairfaxcounty.gov/parks/accessible](http://www.fairfaxcounty.gov/parks/accessible)