

May 2024

DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Toning 9:30-10:25 AM <i>Suja/MP</i>	Cycle/Row Challenge 6-6:45am <i>Shirl/MP</i>	Pilates 9-9:50am <i>Shirl/ FS</i>	Cycle/Row Fusion 6-6:55am <i>Shirl/MP</i>	Yoga 8-8:55am <i>Rebecca/ MP</i>	Yoga 8:15-9:10am <i>Roxann/DR</i>
Gentle Cardio 10:30-11:15 AM <i>Shirl/MP</i> Yoga 10:30-11:25am <i>Nicki/ FS</i>	Zumba 9:30-10:25 AM <i>Isabel/MP</i>	Zumba 9:30-10:25 AM <i>Suja/MP</i>		Zumba 9:30-10:25 AM <i>Suja/MP</i> Strong Nation 10:30-11AM <i>Isabel /MP</i> Yoga 12:30-1:25 PM <i>Marlita/MP</i>	Cycle Spin 9:00-9:45 AM <i>Dempsey/FS</i>
	Yoga 9:30-10:25am <i>Nicki/ FS</i>	Zumba Step 10:30-11AM <i>Isabel/ DR</i> No class on the 1 st	Cycle Spin 10:30- 1130AM <i>Annie / MP</i> No class on 8 th and 15 th		Body Combat 10:00-10:55 AM <i>Jennifer/Basketball Court</i>
	Strong Nation 1030-11 AM <i>Isabel /MP</i>	Body Sculpting 11- 1130 AM <i>Isabel/DR</i> Yoga 3:30-4:25 PM **New Time** <i>Kristina/MP</i> Body Pump 5pm -6pm <i>Michaela/ DR</i>			Abs, Back, and Stretch 11:00-11:30 AM <i>Jennifer/ Basketball Court</i>
					Sunday
Cycle Spin 11:30-12:25PM <i>Shirl/ MP</i>	Basic Training 5pm-6pm <i>Nancy B /MP</i>	Zumba 5:30-6:25 PM <i>Nicki / FS</i>	Cycle Spin 5:00-5:55 PM <i>Shirl/ MP</i>	Core Conditioning 11:30-12:25 PM <i>Dempsey/FS</i>	Yoga 8:15-9:10am <i>Jamie/MP</i>
Body Pump 5-6 PM <i>Michaela/ DR</i>	Zumba 6:30-7:25 PM <i>Suja/DR</i>	Mix-It-Up 6:30-7:25 PM <i>Nancy P / MP</i>	<u>Aquatic Spotlight Class:</u> Tuesday 9:45a-10:40a Aqua Fiesta-Debbie	Open House May 22nd 430pm-730pm	Cycle Spin 930-10:25am <i>Annie/MP</i> No Class on 12 th
Rowing 7:30-8:25 PM <i>Shirl / MP</i>	Cycle Spin 7:40-8:15 PM <i>Dempsey/Amphitheater</i>	Yoga 7-7:55pm <i>Julie/ DR</i>			Barre Techniques 4:00-4:55pm <i>Shirl/ DR</i>



For Inclusion and ADA Support call 703.324.8563 • TTY Va. Relay 711.

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These classes are included with your RECenter membership. Non-members pay the general admission rate at time of check-in. Please be prepared to show proof of county residency and/or student ID for applicable discounts. This calendar is subject to change; please call the RECenter with questions or concerns. For questions or comments regarding the schedule, please e-mail the Fitness Director at morgan.buck@fairfaxcounty.gov

Class Descriptions

Core Conditioning

The fastest way to work out your core. Innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.

Gentle Cardio

Take a class that is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping—great for anyone and everyone! This class may include light body sculpting with hand weights or floorwork at the end.

Cycle Spin

Come join indoor cycling and get rolling! It's an invigorating workout great for everyone, allowing riders to work at their own paces, whether beginner, intermediate, or advanced. Water bottles and a towel are necessary for this class of 45 minutes.

Strong Nation (Beginner - Intermediate)

STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. This class is tailored for all participants.

Barre

Learn the secrets of a ballet body workout. Barre training is the hottest new fitness class for a ballet buff body. This techniques class will prepare you for our registration classes using the Barre workout method. Once you master the fundamentals, you will be ready to get the most out of your Barre class.

Gentle Yoga

Gentle Stretches, yoga postures and breathing techniques increase flexibility and strength for those desiring a slower pace. This is gentle practice and may be suitable for individuals returning from illness or injury of those with physical challenges.

Abs & Core

Is Pilates is too much? Like the idea of working the core muscle groups, then this class is for you! It focuses on trunk exercises to promote strength, flexibility, better posture, and good form.

Yoga

In this beginner class to teach newcomers the fundamental concepts of yoga, basic postures and breathing techniques will be practiced. This class is excellent preparation for the Hatha Level I class. Please bring a sticky yoga mat to class.

Zumba and Zumba Toning

Exercise your body and energize your soul in these exciting aerobics class formats. Tone up as you get down with energetic Latin music, rhythms, and dance moves.

Body Pump

BODYPUMP™ is the original, pre-formatted barbell class that strengthens your entire body. Challenge all of your major muscle groups by using the best weight room exercises. Choose your own weight level, listen to great music, and quickly get the results you desire!

Mix it Up

Fight fitness boredom and get out of that exercise rut with a class that mixes cardiovascular training, body sculpting, and stretching. All levels of fitness enthusiasts welcome.

Pilates

A class for the Pilates beginner, the mat workout is designed to teach fundamental concepts, basic movements, breathing, and modifications.

Aqua Fiesta

Join the party! Get all the fun and benefit of high energy aerobic workout. Burn Calories, tone your whole body and have a blast.

Room Codes: FS=Fitness Studio; MP= Multi Purpose Room; L1=Parking Lot 1; G3 =Gym #3; DR=Dance Room

Please wear sneakers and comfortable clothing that allow free movement. Twelve is the minimum age for drop-in class participants.







HEALTHY STRIDES
COMMUNITY CLASSES


2024 Virtual Fitness Classes

Weekly Schedule

www.fairfaxcounty.gov/parks/healthy-strides

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Pilates 8:00 am – 9:00 am Shirl W. Meeting ID: 834 0153 5657</p>	<p>Mix It Up 8:00 am – 9:00 am Jennifer H. Meeting ID: 892 8887 5392</p>	<p>Yoga 9:00 am – 10:00 am Teresa T. Meeting ID: 840 5828 3633</p>	<p>Yoga ⁺ <i>Live at South Run</i> 8:00 am – 9:00 am Michael S. Meeting ID: 842 2723 5452</p>	<p>Pure Stretch 8:00 am – 8:45 am Jennifer H. Meeting ID: 848 0203 0991</p>	<p>Strength Mix ⁺ <i>Live at South Run</i> 9:00 am – 9:45 am Laurie S. Meeting ID: 847 9264 7084</p>	<p>Pure Stretch 8:45 am – 9:15 am Shirl W. Meeting ID: 871 6941 6303</p>
<p>Mix It Up ⁺ <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Mix It Up ⁺ <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>	<p>Pilates 11:30 am – 12:30 pm Edie M. Meeting ID: 858 7896 4048</p>	<p>Mix It Up ⁺ <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Basic Training 9:30 am – 10:30 am Jennifer H. Meeting ID: 837 3916 5792</p>
<p>Basic Training for Older Adults 9:00 am – 10:00 am Gail B. Meeting ID: 826 6940 0842</p>	<p>Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142</p>	<p>Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 836 5648 6814</p>	<p><i>Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.</i></p>	<p>Basic Training for Older Adults 10:00 am – 10:55 am Julie C. Meeting ID: 846 2127 9226</p>	<p>MANAGING PRE-DIABETES AND DIABETES SERIES <u>Wednesdays in May, 5:30-6:30pm</u></p> <p>Led by Catherine Bavido-Arrage, Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist</p> <p>5/1 Basics of Having Pre-Diabetes or Diabetes 5/8 Exercise and Diabetes 5/15 Meals and Diabetes</p> <p>For class descriptions, check the website.</p>	
 <p>Always go to the HSCC webpage for the most up-to-date schedule.</p>	<p>Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 858 0334 3406</p>	<p>Mix It Up (Mat) ⁺ <i>Live at Oak Marr</i> 6:00 pm – 6:55 pm Jennifer H. Meeting ID: 847 7725 5135</p>		<p>Yoga 11:30 am- 12:30 pm Nancy S. Meeting ID: 846 9716 9859</p>		
<p>Yoga ⁺ <i>Live at South Run</i> 5:45 pm – 6:40 pm Teresa T. Meeting ID: 845 6705 8234</p>	<p>Nutrition Wellness Workshops <u>Nutrition Series, 7-8 pm</u> 4/24 Feel Satiated without Overeating ~ Sandy J. 5/29 The Truth About Sugar ~ Sandy J. 6/26 The Connection Between Exercise & Eating ~ Laurie S.</p>		<p>Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007</p>		<p>To join a class, visit: www.fairfaxcounty.gov/parks/healthy-strides Click on the class link in the schedule. You will be taken directly to Zoom. No registration required. Schedule is subject to change. Questions? Contact the Healthy Strides Virtual Class Coordinators at christine.molina@fairfaxcounty.gov or laurie.strickland@fairfaxcounty.gov</p>	

⁺ **Hybrid class** This class is broadcast live from a Rec Center and can be also taken in-person at the facility with membership or daily admission. See the Rec Center group fitness drop-in schedules for more information: www.fairfaxcounty.gov/parks/recenter/schedules.

 For accommodations, contact Inclusion and ADA Support at 703-324-8563. TTY Relay 711. www.fairfaxcounty.gov/parks/accessible.



FAIRFAX COUNTY PARK AUTHORITY
REC CENTERS

Updated 4/11/2024



Class Descriptions

Basic Training - Learn to strength train in fun, innovative ways. Benefits of functional strength: greater bone density, improved coordination, better balance, and increased lean muscle mass. **Older Adults** format focuses on the same goals but at a lower intensity.

Mix It Up - It's the Instructor's choice for a fun and challenging total body workout. This class may include everything from muscle toning to aerobics.

Mix It Up (Mat) - Looking for a safe and effective way to improve flexibility, endurance, and muscle tone? Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques.

Pilates – This mat workout is designed to teach fundamental concepts basic movements, breathing, and modifications of the original Pilates method.

Pure Stretch - Work on your flexibility – a much needed and often overlooked component of overall fitness - in a class which focuses on stretching every major muscle group for stress and pain reduction, as well as injury prevention.

Restorative Yoga - A restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind.

Strength Mix - Join the strength and cardio-based, total-body conditioning class. We change it up to give you the maximum amount of fun, with lots of variety to give you the maximum results. All fitness levels are welcome.

Tai Chi - Ever wonder what that “Tai Chi” stuff is? Did you know it can help your posture, calmness, and overall body sense? Did you know it can build strength? Come and try it out.

Yoga - Gain greater strength and flexibility as you learn basic yoga postures and different breathing techniques. All levels welcome.

All classes are beginner level. All ages and abilities welcomed – our instructors will provide modifications for all levels in these classes. If you have a particular concern, feel free to chat with the instructor at the beginning of class.

+ **Hybrid class** Indicated on the Live Virtual Class Schedule, this class is broadcast live from a Rec Center and can be also taken in-person at the facility with membership or daily admission. See the Rec Center group fitness drop-in schedules for more information: www.fairfaxcounty.gov/parks/recenter/schedules.

If you have more specific questions regarding the Healthy Strides Community Classes, please email christine.molina@fairfaxcounty.gov