


# May 2024

## DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mix It Up</b> 9-9:55AM Christine DR	<b>Yoga</b> 9-9:55AM James CR5	<b>Sculpt &amp; Balance</b> 8-8:55AM Kelly DR	<b>Les Mills Core™</b> 9-9:25AM Catrina CR4	<b>Mix It Up</b> 9-9:55AM Christine DR	<b>Pound</b> 9-9:55AM Joey DR
<b>Yoga/Pilates</b> 12-12:55PM Jean DR	<b>Beach Ball Wallyball</b> 9:30-11:00AM RB2	<b>Mix It Up</b> 9-9:55AM Christine DR	<b>Beach Ball Wallyball</b> 9:30-11:00AM RB2	<b>Barre</b> 10-10:55AM Gillian DR	<b>Zumba</b> 10-10:55AM Sandra DR
	<b>Water Walking</b> 10:30-11:25AM Debbie Pool	<b>Yoga</b> 11:30-1pm Simona CR1	<b>† TRX Fit</b> 11:30-12:25PM Christine CR4	<b>Beach Ball Wallyball</b> 10-12:00PM RB2	
<b>† TRX Fit</b> 11:30-12:25PM Kelly CR4	TRX Fit 11:30-12:25PM Kelly/CR4 Healthy Strides 1:30-2:25PM Christine	<b>Barre</b> 11:45-12:40PM Gillian DR	<b>Pure Stretch</b> 12:30-1:25PM Marilyn CR5	<b>OPEN HOUSE</b> At all FCPA Rec Centers on Wednesday, 5/22, 4:30-7:30PM Free access to classes and activities Food, fun, & information	
<b>"Never underestimate the power of persistence and resilience." -Charles Oliviera</b>					<b>Sunday</b>
<b>Yoga</b> 6-7:25pm Simona CR5	<b>TRX Fit</b> 5:30-6:25PM Gillian CR4	<b>Zumba</b> 6-6:55PM Neha CR4		<b>Zumba</b> 6:30-7:25PM Teresa DR	<b>Yoga</b> 10-11:15AM Sima FS
<b>Zumba</b> 6-6:55PM Neha CR4	<b>Gentle Yoga</b> 5:30-6:25pm Jean CR2	<b>Yoga</b> 6:30-7:45PM Tom CR5	For free virtual classes, workshops, and special events go to <a href="http://www.fairfaxcounty.gov/parks/healthy-strides">www.fairfaxcounty.gov/parks/healthy-strides</a>	<b>May Wellness Workshops</b> Join Patricia Linderman for the following workshops on Tuesdays at 11:30AM in the Dance Room May 21 ~ Laughter Yoga May 28 ~ Simple At-Home Pelvic Floor Training See back page for descriptions	
<b>Managing Pre-Diabetes &amp; Diabetes Series</b> FREE on the Healthy Strides Website 5:30-6:30PM Wednesday 5/1, 5/8, & 5/15 For details and to log in, go to: <a href="http://www.fairfaxcounty.gov/parks/healthy-strides">www.fairfaxcounty.gov/parks/healthy-strides</a>	<b>Doonya-The Bollywood Workout</b> 6:30-7:25pm Jaya/CR3				
	<b>Les Mills Core™</b> 6:30-7PM Catrina/CR4	These classes are included with your Rec Center Membership. Non-members pay the general admission rate at time of check-in. Please be prepared to show proof of county residency and/or ID for applicable discounts. This calendar is subject to change; please call the center with questions or concerns. For questions or comments regarding the schedule, please e-mail the Fitness Director at <a href="mailto:christine.molina@fairfaxcounty.gov">christine.molina@fairfaxcounty.gov</a> .			



# CLASS DESCRIPTIONS

## **Barre**

Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

## **Beach Ball Wallyball**

Add extra fun to your fitness routine. Played in a racquetball court with a beach ball, wallyball adds some extra cardio, balance practice and flexibility to your routine. (Ages 45+)

## **Doonya: The Bollywood Workout**

Sweat to the powerful drumbeats of South Asia. Doonya's exotic, energetic dance steps target each major muscle group through innovative choreography and body-weight and weighted movements. End with stretches and a reflection on the strength and power you channeled in class. You'll leave class ready to take on life's obstacles with grace and power...just a like a Bollywood Star.

## **Gentle Yoga**

Gentle stretches, yoga postures and breathing techniques increase flexibility and strength for those desiring a slower pace.

## **Healthy Strides Walking**

(Weather Permitting)

Add dimension to your fitness routine as you refresh and connect with nature. Learn the paths, enjoy the outdoors, and get in some exercise. Contact the rec center in case of inclement weather.

## **Les Mills Core™**

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

## **Mix It Up**

Instructor's choice! This full body conditioning workout usually includes a cardio warm-up, muscular strengthening,

endurance, joint integrity, total body toning, and stretches. Class may use dumbbells, bands, balls, and other equipment. All levels are welcome.

## **Pure Stretch**

Work on 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.

## **Pound**

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

## **Sculpt & Balance**

Enjoy a weight training class at a lower intensity that is appropriate for all ages. Learn to safely use strength training equipment—even your own bodyweight—in fun, innovative ways. The benefits of functional strength are many, including greater bone density, improved coordination, better balance, and increased lean muscle mass.

## **TRX Fit † (7)**

Find out what suspension training is all about in this class that leverages gravity and your own bodyweight to perform endless combinations of exercises. The TRX suspension trainer builds a solid core, increases muscular endurance, and delivers greater performance and functionality to all daily life activities. Proper set-up, exercise execution, and modifications will be taught.

## **Water Walking**

This class is designed to improve your whole body's muscle tone and aerobic fitness. Ideal for those who want the effects of walking without adding stress to muscles and joints.

## **Yoga**

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Vinyasa yoga will gently wake you up and invigorate

your day. Multiple options for each pose invite you to develop both strength and ease. The class is tailored to meet the needs of its students, with a consistent focus on alignment and mindfulness. Please bring a sticky yoga mat to class.

## **Yoga/Pilates**

This class offers the best of both yoga and Pilates. Strengthen the hips and core to counter the modern sedentary lifestyle and warm up and cool down with yoga postures for relaxation and a sense of ease. Basic yoga postures combined with mat Pilates moves gives you the best of both practices.

## **Zumba**

Exercise your body and energize your soul in this exciting aerobics class format. Tone up as you groove to energetic Latin music, rhythms, and dance moves.

## **MAY WELLNESS WORKSHOPS**

### **Laughter Yoga**

This class will provide a healthful and satisfying dose of "nature's best medicine." Based on the research-backed principles, it involves no verbal jokes and no yoga poses, just positive, playful, even zany activities to get us "laughing for no reason". Deep breathing and gentle movement are also included to further boost our well-being. Laughter brings proven benefits for our heart, lungs, brain and even our immune system.

### **Simple At-Home Pelvic Floor Training**

The often-neglected pelvic floor is a set of muscles that forms the base of our core and is key to our quality of life. Our modern sedentary lifestyle, among other factors, weakens these muscles. The good news is that with simple 5-minute daily exercises we can improve our pelvic health and even turn around symptoms we may be having. You'll learn seated, standing and lying-down variations in this workshop.

✦ Indicates class is in danger of cancellation due to low attendance.

† Limited to equipment availability.







**HEALTHY STRIDES**  
COMMUNITY CLASSES


# 2024 Virtual Fitness Classes

Weekly Schedule

[www.fairfaxcounty.gov/parks/healthy-strides](http://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 <sup>+</sup> <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 <sup>+</sup> <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 <sup>+</sup> <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Mix It Up <sup>+</sup> <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 <sup>+</sup> <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><b>MANAGING PRE-DIABETES AND DIABETES SERIES</b> <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 #SCC 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) <sup>+</sup> <i>Live at Oak Marr</i> 6:00 pm – 6:55 pm Jennifer H. Meeting ID: 847 7725 5135</p>		<p>Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007</p>	<p>Yoga 11:30 am- 12:30 pm Nancy S. Meeting ID: 846 9716 9859</p>	
<p>Yoga <sup>+</sup> <i>Live at South Run</i> 5:45 pm – 6:40 pm Teresa T. Meeting ID: 845 6705 8234</p>	<p><b>Nutrition Wellness Workshops</b> <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 &amp; Eating ~ Laurie S.</p>		<p>Strength Mix 6:00 pm – 7:00 pm Jennifer H. Meeting ID: 814 4241 3393</p>	<p><b>To join a class, visit:</b> <a href="http://www.fairfaxcounty.gov/parks/healthy-strides">www.fairfaxcounty.gov/parks/healthy-strides</a> <b>Click on the class link in the schedule. You will be taken directly to Zoom. No registration required.</b> Schedule is subject to change. <b>Questions?</b> Contact the Healthy Strides Virtual Class Coordinators at <a href="mailto:christine.molina@fairfaxcounty.gov">christine.molina@fairfaxcounty.gov</a> or <a href="mailto:laurie.strickland@fairfaxcounty.gov">laurie.strickland@fairfaxcounty.gov</a></p>		

<sup>+</sup> **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](http://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](http://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](http://www.fairfaxcounty.gov/parks/recenter/schedules).

If you have more specific questions regarding the Healthy Strides Community Classes, please email [christine.molina@fairfaxcounty.gov](mailto:christine.molina@fairfaxcounty.gov)