



Burke/Springfield Senior Center Without Walls

Program Offerings and Class Descriptions – Spring 2024 Session

(March 30 – June 14)

Class Locations and Addresses:

Mott Community Center (12111 Braddock Road, Fairfax, VA 22030)

David R. Pinn Community Center (10225 Zion Drive, Fairfax, VA 22032)

Little River Glen Senior Center (4001 Barker Court, Fairfax, VA 22032)

University Mall Community Room (10689 Braddock Road, Fairfax, VA 22032)

Pohick Regional Library (6450 Sydenstricker Road, Burke, VA 22015)

West Springfield Community Room (6140 Rolling Road, Springfield, VA 22152)

For all active fitness classes, we recommend wearing activewear and sneakers that are appropriate for class. For Ukulele w/ Carol, you are required to bring your own equipment; instruments are not provided by the program. For all Yoga, Tai Chi, and Pilates classes, please bring a yoga mat for participation; mats are not provided by the program.

Argentine Tango with Adam

An introduction to Argentine Tango. Focus depends on the skill level of the class. Instruction on technique and a variety of traditional patterns, blocks, sweeps, sacadas and ganchos, etc. Those who want are encouraged to learn both roles: leader, and follower. **Class Difficulty: All Experience Levels**

Class Times / Location:

Fridays from 5:30 p.m. – 7:00 p.m. at Mott Community Center

Ballroom Dancing with Adam

West Coast Swing and one ballroom dance, which is usually voted on by the class. Waltz, Cha Cha and Rumba are popular selections. Class is generally a mix of beginning and intermediate dancers. Those who want are encouraged to learn both roles: leader and follower. **Class Difficulty: All Experience Levels**

Class Times / Location:

Tuesdays from 2:20 p.m. – 3:50 p.m. at Little River Glen Senior Center

Chair One Fitness with Cecilia

Chair One Fitness is a chair-based dance fitness program with activities of daily living incorporated into all our dance moves. This class is perfect for anyone who can benefit from a seated workout, including older adults who use mobility aids, have arthritis, dementia, chronic pain, or limited mobility, or who are getting started on their weight loss journey. **(Class Difficulty: Beginner)**

Class Time/Location:

Fridays from 3:30 p.m. – 4:30 p.m. at Mott Community Center

Dance Fitness Fusion with Debbie

Dance Fitness Fusion with Debbie is catered for anyone who enjoys a total body workout in dance and fitness. Gain better balance, posture, strength, endurance, core stability, flexibility, and joint mobility with effective exercise progressions and through dance.

Class Difficulty: Beginner to Intermediate

Class Time / Location:

Mondays from 10:00 a.m. – 11:00 a.m. at University Mall Community Room

Hula with Carol

Join Hula with Carol for an invigorating hula dance class tailored for Older Adults. Learn the basic feet and hand motions to incorporate in various Hula dances. Discover the joy of swaying hips and gentle steps while embracing the rich cultural heritage of the Hawaiian Islands. **Class Difficulty: Beginner to Intermediate.**

Class Times / Location:

Fridays from 12:30 p.m. – 2:00 p.m. at West Springfield Community Room

Line Dance (All Levels) with Susie

Susie leads a powerful line dance class with both old and new steps. **Class Difficulty: Intermediate/Advanced**

Class Time/Location:

Mondays from 12:45 p.m. – 1:45 p.m. at Mott Community Center
Mondays from 2:00 p.m. – 3:00 p.m. at Mott Community Center
Thursdays from 9:30 a.m. – 10:30 a.m. at Mott Community Center
Thursdays from 10:45 a.m. – 11:45 a.m. at Mott Community Center

Line Dance (Advanced) with Susie

Susie leads a powerful line dance class with both old and new steps. You certainly will be sweating! **Class Difficulty: Advanced**

Class Time/Location:

Thursdays from 12:00 p.m. – 1:00 p.m. at Mott Community Center

Line Dance (All Levels) with Cathy

Line Dancing w/ Cathy takes students through choreographed routines with easy-to-follow steps using a variety of music styles including Country, Classics, and Pop. Line Dancing is a fun way to reduce stress and keep fit. All levels are welcome. Alternative steps are provided for all different levels. **Class Difficulty: Beginner to Intermediate.**

Class Time / Location:

Thursdays from 10:00 a.m. – 11:00 a.m. at Pohick Regional Library
Thursdays from 11:15 a.m. – 12:15 p.m. at Pohick Regional Library
Saturdays from 10:00 a.m. – 11:00 a.m. at Washington Irving Middle School
Saturdays from 11:15 a.m. – 12:15 p.m. at Washington Irving Middle School

Line Dance (All Levels) with Marilu

Come learn the popular Line Dances or just come for the great exercise in Line Dancing w/ Marilu. Dance to all genres of music: Top 40s, Latin, Ballroom, Swing, Country, Big Band, Motown, and much more. Line Dancing is one of the most fun dances out there because you can do it anywhere and you don't need a partner! **Class Difficulty: All Experience Levels.**

Class Time / Location:

Saturdays from 12:30 p.m. – 1:30 p.m. at Washington Irving Middle School
Saturdays from 1:45 p.m. – 2:45 p.m. at Washington Irving Middle School

Line Dance (Beginner/Intermediate) with Cheong

Line Dance w/ Cheong emphasizes how to maintain your balance, body coordination, flexibility, and how to avoid falling while moving to the beat. You will enjoy the music, dance, and socialization while meeting many people with similar interests. **Class Difficulty: Beginner / Intermediate**

Class Time / Location:

Wednesdays from 10:00 a.m. – 11:00 a.m. at David R. Pinn Community Center

Wednesdays from 11:15 a.m. – 12:15 p.m. at David R. Pinn Community Center

Thursdays from 12:45 p.m. – 1:45 p.m. at Pohick Regional Library

Thursdays from 2:00 p.m. – 3:00 p.m. at Pohick Regional Library

Mindful Movement and Meditation with Debbie

Learn how to make profound changes in your life by retraining the mind. Become more aware, boost mood, improve relationships, health by using the power of the mind to release old limiting thought patterns from a psychological perspective. Replace stored negative emotions with positive thinking and self-talk to enhance better spiritual, mental, emotional and physical health! **Class Difficulty: Beginner to Intermediate**

Class Times / Location:

Thursdays from 10:30 a.m. – 11:30 a.m. at University Mall Community Room

Pilates with Debbie

Pilates with Debbie works to improve your posture, mobility, flexibility, core strength, health, and well-being at any age and fitness level. Get a transformed toned body with Pilates! Detailed exercise sequences and breath control are given, with modifications of each exercise available according to one's ability. **Class Difficulty: All Experience Levels**

Class Times / Location

Wednesdays from 10:30 a.m. – 11:30 a.m. at University Mall Community Room

Fridays from 10:30 a.m. – 11:30 a.m. at University Mall Community Room

Pure Stretch with Debbie

Pure Stretch with Debbie works on flexibility, range of movement, and joint mobility, which can be improved with stretching. Pain and tightness is lessened by the release of stored tension in muscle and connective tissues. A greater range of movement is enjoyed in everyday functional activities. Posture and performance are greatly improved. **Class Difficulty: All Experience Levels**

Class Times / Location:

Fridays from 12:30 p.m. – 1:30 p.m. at University Mall Community Room

Tai Chi (“Yang Jun”) with Debbie

Yang style Tai Chi is the most widely practiced in the world. Enjoy the slow and effective movements to strengthen the body and to increase balance. The calm and meditative practice reduces stress and anxiety, which improves overall health. Medical Qigong is used as a warmup to enhance qi or life force to flow throughout the body, which has its own many proven health benefits. **Class Difficulty: Beginner to Intermediate**

Class Times / Location:

Tuesdays from 2:45 p.m. – 3:45 p.m. at University Mall Community Room

Thursdays from 2:45 p.m. – 3:45 p.m. at University Mall Community Room

Ukulele with Carol

Ukulele w/ Carol teaches interested students how to play the Ukulele, including lessons on proper playing form, chords, and playing songs. This class is geared for all levels of Ukulele learners, from absolute beginners to Ukulele pros! **Class Difficulty: Beginner to Intermediate**

Class Time / Location

Fridays from 10:00 a.m. – 11:30 a.m. at West Springfield Community Room

Yoga with Debbie

Learn yoga postures as you gain more strength and flexibility with breathing. This class is designed to improve your posture, balance and to bring you into a calm peaceful state. **Class Difficulty: Beginner to Intermediate**

Class Time / Location:

Tuesdays from 1:30 p.m. – 2:30 p.m. at University Mall Community Room

Thursdays from 1:30 p.m. – 2:30 p.m. at University Mall Community Room

Yoga (Chair) with Debbie

Ease stress and anxiety, safely improve strength and flexibility, develop balance, focus and stability. Relieve aches and pain, especially in the neck and shoulders. Achieve deep relaxation and a calm peaceful mind. **Class Difficulty: Beginner to Intermediate**

Class Times / Location

Mondays from 11:00 a.m. – 12:00 p.m. at University Mall Community Room
Fridays from 11:30 a.m. – 12:30 p.m. at University Mall Community Room

ZUMBA with Gail

ZUMBA is perfect for everybody! Each ZUMBA class is designed to bring people together to sweat it on. ZUMBA is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **Class Difficulty: Intermediate**

Class Time/Location:

Tuesdays from 12:00 p.m. – 1:00 p.m. at Mott Community Center
Wednesdays from 12:15 p.m. – 1:15 p.m. at Mott Community Center

ZUMBA Gold with Gail

ZUMBA Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. **Class Difficulty: Beginner / Intermediate**

Class Time/Location:

Wednesdays from 11:00 a.m. – 12:00 p.m. at Mott Community Center
Thursdays from 1:15 p.m. – 2:15 p.m. at Mott Community Center

ZUMBA Toning with Millette

ZUMBA Toning takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol in addition to lightweight toning sticks or dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance. **Class Difficulty: Intermediate**

Class Time/Location:

Tuesdays from 1:15 p.m. – 2:15 p.m. at Mott Community Center

Important Information for Registration

Registration forms are available for pickup on Monday, February 26.

Registration Dates for the Spring 2024 Session:

March 19, 2024 - Pohick Regional Library (10 a.m. – 1 p.m.)

March 20, 2024 – David R. Pinn Community Center (9 a.m. – 12 p.m.)

March 21, 2024 – Mott Community Center (9 a.m. – 5 p.m.)

March 22, 2024 to April 5, 2024 - Rolling Registration Period (Submission at Mott CC)

Please note that registrations submitted during the Rolling Registration Period will be accepted from **9 a.m. – 5 p.m. only** to ensure that a Senior Program staff member can verify your registration.

For more information, please contact Alec Pavlakis (aleczander.pavlakis@fairfaxcounty.gov) at Mott Community Center (703-278-8605, TTY 711) or head to www.fairfaxcounty.gov/ncs.



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