































MAY DROP-IN GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Basic Training 6-6:55am CR 4 Michaela	 7:30-8:25am CR 4 Gail	 Basic Training 6-6:55am CR 4 Michaela NO CLASS 5/1	MATS ARE NOT PROVIDED FOR CLASSES		 8-8:55am CR 4 Michaela	MEMORIAL DAY WEEKEND NO CLASSES SATURDAY 5/25 - MONDAY 5/27
Core Conditioning 7:10-8:05am CR 4 Michaela	Gentle Cardio 8:45-9:40am CR1/2 Gail	 9-9:55am CR 4 Gail	 7:30-8:25am CR 4 Gail		Barre 8-8:55am CR 1/2 Anne NO CLASS 5/4 & 11	
	 Basic Training (Older Adults) 10-10:55am Studio A Gail	 Water Aerobic Exercise 9-9:55am Ilana Get a wrist band at check in	 + Virtual 8:00-8:55AM Studio A Michael		 Mix Up Strength + HSCC Virtual 9-9:45am CR 4 Laurie ONLY VIRTUAL THIS MONTH	
 10:45-11:40am CR 4 Gail		Barre 9:30-10:25am Studio A Wendy	Gentle Cardio 9-9:55am CR 4 Gail	 8-8:55am Studio A Michael	 Cycle Spin 9-9:55am Vestibule Gina	 8:45-9:40am CR 4 Gail
 +HSCC Virtual CR 4 5:45-6:40pm Teresa	 Cycle Spin 6-6:55pm Vestibule Gina	Boxing Fundamentals 5:15-5:55pm CR4 Alec 	Basic Training (Older Adults)  10-10:55am CR 4 Gail		 9-9:55am CR 1/2 Anne	
 Cardio Sculpt 7-7:55pm Studio A Anne	 6:30-7:25pm CR 1/2 Jennifer	Fitness Room Orientation 6-7pm Alec Fitness Center		  In Spanish 6-6:55pm CR 1/2 Zenith	Open House 5-8pm Wednesday May 22 Free admission all Day	 Cycle Spin 3:45-4:40pm Vestibule Michael
	 Tai Chi Fundamentals 7:30-7:55pm CR 1/2 Jennifer	Step & Sculpt 7-7:55pm CR 1/2 Anne NO CLASS 5/1 & 8	Pilates 6-6:55pm CR 1/2 Laurie	Pilates 7-7:55pm Studio A Leonor	corn hole competition kona ice truck	 5-5:55pm CR 1/2 Michael
 8-8:55pm CR 4 Anne	 +Vinyasa Yoga 8-8:55pm CR 4 Brenda	 8-8:55pm CR 4 Anne	 Cycle Spin 6:30-7:25pm Vestibule Gina			Pilates 5-5:55pm Studio A Leonor



Attend your virtual drop-in class and Healthy Strides events. HSCC Virtual classes held during rec center hours. Hire a Personal Trainer, Nutrition or Health Coach to stay on track and be your BEST! These classes don't fit your schedule? Register for a class.

* Indicates a change. ~ Class in danger of cancellation due to low attendance <https://www.fairfaxcounty.gov/parks/recenter>



Abs Back and Stretch If you think Pilates is too much, but 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.

Barre training is the hottest new fitness class for a ballet buff body. Learn the secrets of a ballet body workout. Once you master the fundamentals, you are ready to get the most out of your Barre class.

Basic Training (Older Adults) Use this workout to tone and strengthen body and mind, using a combination of calisthenics, floor exercises and drills. It's the ideal workout for the beginner to advanced exercise participant who wants to mix things up.

Body Combat Punch and kick your way to fitness, burning up to 570 calories* along the way. This high-energy martial arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor challenges you to up the intensity and motivate you to make the most of every round. Release stress, have a blast and feel like a champ.



Boxing Fundamentals Learn the basic punches and footwork that provide a foundation to any boxing class. This class is scalable with modifications and challenges to work at any level. Glove and wraps are suggested for heavy bag drills.

BODYPUMP™ is the original, pre-formatted barbell class that strengthens your entire body. Challenge all 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!

Cardio Sculpt This class focuses on cardiovascular exercise with small segments of body sculpting interwoven throughout for variety. What a great way to stay in shape and beat exercise boredom while introducing something new to your current workout!

Core Conditioning This class emphasizes sculpting and strengthening the trunk with its major muscle groups—feel your abs, glutes, hip, back and chest muscles like never before using balls, the BOSU, body bars, and mats.

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.

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.



Kettlebell Fundamentals Kettlebell training is an excellent way to burn fat while building strength and power with the right amount of controlled, explosive movement. Safely execute technique and make appropriate modifications that work major muscle groups. This is comprehensive, fun and different than your normal routine.

Mix It Up Strength Fight fitness boredom and get out of the exercise rut with a class that mixes cardiovascular training, body sculpting, weights and stretching.



Fitness Room Orientation Learn the basics of using the fitness center. We discuss rules and etiquette, cardio and strength machine use and making the most out of your workout and fitness routine. We answer questions and can direct you to nutrition help or personal training. For a detailed machine orientation sign up in the binder across from the front desk.

Pilates A low-impact exercise that strengthens and tones your core muscles and improves posture and flexibility.

Step & Sculpt Pack your cardio and strength training into a single, efficient, time-saving workout. The first half of class focuses on step combinations, followed by weight training to build muscle and increase bone density.

Tai Chi Learn the ancient art and practice of Tai Chi in a giving environment. You are guided through a series of flowing movements to improve posture, build balance and increase mental and physical strength.

Water Aerobic Exercise Take your exercise to the pool in this fun and refreshing low-impact exercise that can improve fitness, flexibility and heart health.

Yoga In this class learn the fundamental concepts of yoga, basic posture and breathing techniques.



Zumba in Spanish - Friday 6pm

Zumba Dance your way into fitness with a fun, energetic, easy way to exercise. Zumba is a high/low cardio workout using the hottest Latin music and moves, as well as other world genres.

These classes included with your rec center membership and subject to change. Non-members pay general admission. Please show proof of county residency and/or student ID for applicable discounts. Fitness Director laurie.strickland@fairfaxcounty.gov. 7550 Reservation Drive, Springfield 703.866.0566







**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