



DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Spin 5:15-6:05 AM Jo-Ellen/FS	Cardio Sculpt 5:10-5:50 AM Michaela/DS	Cycle Spin 5:15-6:05 AM Jo-Ellen/FS	Cardio Sculpt 5:10-5:50 AM Michaela/DS	Cycle Spin 5:15-6:05 AM Jo-Ellen/FS	Cycle Spin 7:00-7:50 AM Jo-Ellen/FS
Fit Circuit 8:00-8:45 AM FS/ Gillian	LES MILLS BODYPUMP 6:00-6:55 AM Michaela/DS	P90X 6:00-6:55 AM Gillian/DS	LES MILLS BODYPUMP 6:00-6:55 AM Michaela/DS	P90X 6:00-6:55 AM Gillian/DS	LES MILLS BODYCOMBAT 8:00-8:55 AM Jennifer/DS
Mix It Up 8:45-9:30 AM Michaela/CR 1&2	Mix It Up 7:00-7:45 AM Michaela/DS	Barre Techniques 7:00-7:45 AM Gillian/DS	Mix It Up 7:00-7:45 AM Michaela/DS	Fit Circuit 9:00-9:45 AM Elizabeth/FS	Yoga 8:00-8:55 AM Joanna/CR 1&2
ZUMBA 9:00-9:55 AM Andrea/DS	Deep Water Exercise 8:00-8:55 AM Tracy/Pool	Yoga 8:00-8:50 AM Debbie L./CR 1&2	Fit Circuit 8:30-9:15 AM Julie/FS	Pilates 10:00-10:55 AM Leonor/CR 1&2	Body Sculpting 9:00-9:50 AM Kathy/DS
		Fit Circuit 9:00-9:45 AM Maureen/FS			Pure Stretch 10:00-10:50 AM Debbie/DS
Body Sculpting 9:35-10:20 AM Michaela/CR 1&2	YOGA 4:30-5:25 PM Jeff/CR 1&2	*Foam Rolling* 10:00 – 10:25 AM Maureen/FS		LES MILLS BODYPUMP 6:00-6:55 PM Monique/DS	Sunday
Yoga 11:00-11:45 AM JK/CR 1&2	Cycle Spin 6:00-6:45 PM Zak/FS		Cycle Spin 6:00-6:45 PM Zak/FS	Featured CLASSES: BODYPUMP classes every Tuesday, Thursday, Friday, & Sunday! BODYCOMBAT classes every Saturday! Tai Chi Fundamentals every Wednesday at 6PM!	LES MILLS BODYPUMP 8:15-9:10 AM Monique/DS
	Body Sculpting / H.I.I.T. 6-6:45 PM/6:55-7:30 PM Laurie/DS				Pilates 8:30-9:15 AM Leonor/CR 1&2
ZUMBA 7:00-7:55 PM Shawna/DS	Pilates 7:00-7:50 PM Debbie P./CR 1&2	*Tai Chi Fundamentals* 6:00-6:50 PM Rick/DS			Yoga 9:30-10:15 AM Shadia/CR 1&2
YOGA 8:00-8:55 PM Jeff/CR 1&2	Boxing Fundamentals 7:00-7:55 PM Jeff/FS		Kettlebell Fundamentals 8:00-8:55 PM Jeff/FS		*Cycle Spin* 10:00-10:45 AM Gillian/FS
HEALTHY STRIDES Featured Events: www.fairfaxcounty.gov/Parks/Healthy-Strides			*Indicates a NEW class or time change		

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 student ID for applicable discounts. This calendar is subject to change; please call the REC Center with questions or concerns. For questions or comments regarding the schedule, please e-mail Jeff Burden Jeffrey.Burden@fairfaxcounty.gov



Barre Techniques

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

BodyCombat

Punch and kick your way to fitness, burning lots of calories. This high-energy martial arts inspired workout is totally non-contact with no complex moves to master.

BodyPump

BodyPump is the original barbell class that strengthens your entire body. Challenging all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls.

Body Sculpting

A lighter total body workout open to all fitness levels. This class focuses on general muscle conditioning using dumbbells as the primary form of resistance.

Boxing Fundamentals

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

Cardio Sculpt

This class focuses on cardiovascular exercise with small segments of body sculpting interwoven throughout for variety.

Cycle Spin

This cycling class is great for all levels of fitness! The instructor will call cues for both beginning and experienced students. It's a terrific class for staying fit! Bring a water bottle and towel to class.

Deep Water Exercise

Take the plunge for a workout that is no impact. You'll use a variety of deep-water exercises and deep-water running techniques to get the maximum benefit from water's natural resistance.

Fit Circuit

Combining both cardio and strength-building exercises to get your heart pumping and muscles working, this exciting class targets all the major muscle groups in a circuit-like format.

Gentle Yoga

Gentle stretches, yoga postures and breathing techniques for those desiring a slower pace. This gentle practice may be suitable for individuals returning from illness or injury or those with physical challenges. Please bring a water bottle, mat, and towel to class.

H.I.I.T.

High Intensity Interval Training (H.I.I.T.) is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts to improve cardio endurance and overall fitness.

Hi/Lo Aerobics

You will sweat, laugh, and smile your way through this energetic class with great music designed for all fitness levels. Traditional high/low aerobics will improve reaction time, agility, coordination, and cardiorespiratory function – besides all that, it's just plain FUN!

Kettlebell Fundamentals

Kettlebell training is an excellent way to burn fat while building strength and power with just the right amount of controlled, explosive movement. Learn how to safely execute kettlebell technique and how to make appropriate modifications that work every major muscle group.

Mix It Up

Fight fitness boredom and get out of that exercise rut with a class that mixes cardiovascular training, body sculpting, and stretching. Check out all the fitness equipment including resistance bands, stability balls, dumbbells, and more. All levels of fitness enthusiasts' welcome.

P90X

High Intensity P90X is a comprehensive program that consists of intense workouts including resistance training, bodyweight work, plyometrics, ab work, martial arts, stretching and yoga.

Pilates

A great beginner class that teaches the fundamental concepts and basic movements of Pilates and may incorporate props. All levels welcome.

Pure Stretch

Work on flexibility in this class which focuses on stretching every major muscle group for stress and pain reduction.

Tai Chi Fundamentals

Come learn about the ancient art of Tai Chi in a giving environment. You will be guided through a series of flowing movements to improve posture, build balance, and to increase both mental and physical strength.

Yoga

In this beginner class we 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 yoga mat to class.

Zumba

Exercise your body and energize your soul with this exciting aerobics class format. Tone up as you get down with energetic Latin music, rhythms, and dance moves. Zumba Toning will include use of the toning sticks.

Room Codes: CR 1&2=Club Room 1&2; DS=Dance Studio; FS=Fitness Studio

Please wear sneakers and comfortable clothing that allow free movement. Thirteen 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 #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) ⁺ <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