



February 2017



Cub Run RECenter DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
TRX/Basic Training Fusion 5:30-6:25am Michelle W. Fit. Ctr./ TRX area	Yoga 5:30-6:25am Debbie C. MPR 2	Basic Training 5:30-6:25am Michelle W. Fit. Ctr./ TRX area	Yoga 5:30-6:25am Debbie C. MPR 2	Cycle/Sculpt Fusion 5:30-6:25am Michelle W. MPR 1
NEW!!! P90X 6:30-7:25am Danielle H. MPR 1	Pilates 6:30-7:25am Melissa B. MPR 1	NEW!!! P90X 6:30-7:25am Danielle H. MPR 1	Pilates 6:30-7:25am Melissa B. MPR 1	 8:00-8:55am Peggy K. MPR1
Cycle/Pilates Fusion 9:00-9:55am Melissa B. MPR 1	Silver Sculpt 9:00-9:55am Mary R. MPR 1	 9:00-9:55am Peggy K. MPR 1	Gentle Cardio 9:00-9:55am Mary R. MPR 1	Yoga 9:00-9:55am Melissa B. MPR 2
Yoga 10:00-10:55am Melissa B. MPR 1	Zumba 10:00-10:55am Amy M. MPR 2	Pilates 10:00-10:55am Melissa B. MPR 1	Yoga 11:00-11:55am Alec A. MPR 1	Zumba 10:00-10:55am Carrie H. MPR 2
New Time!!! Ab Attack 11:15-11:40am Mary R. MPR 1	Yoga 11:00-11:55am Holly R. MPR 1		P90X 4:30-5:25pm Danielle H. MPR 1	Pilates 5:30-6:25pm Melissa B. MPR 1
Insanity 4:30-5:25pm Nicole S. MPR 1	Yoga 5:30-6:25pm Erin S. MPR 1	Cycle Challenge 4:30-5:25pm Dave B. MPR 1	Cycle/Pilates Fusion 5:30-6:25pm Melissa B. MPR 1	<p>*indicates a change</p> <p>⚡ Class in danger of cancellation due to low attendance.</p> <p>Current month will run as scheduled.</p> <p>Class schedule is subject to change, based on instructor and room availability.</p>
Pump Fusion 5:30-6:25pm Matt D. MPR 1	Zumba 5:30-6:25pm Patricia P. MPR 2	 5:30-6:25pm Peggy K. MPR 1	Zumba 6:00-6:55pm Patricia P. MPR 2	
Yoga 5:30-6:25pm Robyn P. MPR 2	Zumba 6:30-7:25pm Bindu K. MPR 2	Yoga 6:30-7:25pm Lucy G. MPR 3	Cycle Challenge 6:30-7:25pm Dave B. MPR 1	
Cycle Challenge 6:30-7:25pm Corin H. MPR 1	Cycle Challenge 6:30-7:25pm Dave B. MPR 1	Zumba 6:30-7:25pm Michael B. MPR 1		
NEW!!! Basic Training 7:30-8:25pm Barbara H. Fit. Ctr./TRX area	Pilates 7:30-8:25pm Michele W. (2) MPR 2	Basic Training 7:30-8:25pm Norm B. Fit. Ctr./TRX area	 <p>Step 2 - Get a FOOD Education Familiarize yourself with food lingo – labels, ingredients and daily dietary recommendations – for a more streamlined understanding of nutrition. http://www.fairfaxcounty.gov/parks/rec/take12/</p>	
 7:30-8:25pm Peggy K. MPR1	Note: BODYPUMP, Cycle, Basic Training, and TRX Fusion classes are offered on a first come, first served basis.	 7:30-8:25pm Paula B. MPR1		



The Fairfax County Park Authority is committed to equal access in all programs and services. Special accommodations will be provided upon request. Please call the ADA/Access coordinator at least 10 working days in advance of the date services are needed.

703.324.8563 (Phone) • 703.803.3354 (TTY) • www.fairfaxcounty.gov/parks/ada.htm

Saturday	
Cycle Challenge 8:50–9:45am*	Corin H., MPR 1 *No class January 14 th .
Zumba 9:00–9:55am	Bindu K., MPR 2
 BODYPUMP 9:50–10:45am	Fred & Irene F., MPR 1
Zumba 10:00–10:55am	Karen M., MPR 2
Basic Training 10:00–10:55am	Norm B., Fit. Ctr./ TRX area
Ab Attack 11:00–11:25am	Thea B., Fitness Center
Sunday	
Cycle Spin 8:30–9:25am	Melissa B., MPR 1
Zumba 9:00–9:55am	Patricia P., MPR 2
Yoga 9:30–10:25am	Melissa B., MPR 1
Body Sculpting 10:30–11:25am	Thea B., MPR1
Ab Attack 11:30–11:55am	Thea B., MPR1

Cub Run RECenter
RECenter
 4630 Stonecroft Blvd
 Chantilly, VA 20151
 703.817.9407
 703.803.3354 (TTY)
www.fairfaxcounty.gov/parks

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 email the Fitness Director at Julie.Frederickson@fairfaxcounty.gov.

Class Descriptions

Please wear comfortable clothing and shoes that allow movement.

Ab Attack

The fastest way to get it done is with thirty minutes of innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.

Basic Training

This class is a physically challenging workout with military-style design to tone and strengthen both body and mind, using a combination of calisthenics, floor exercises, and drills. It's the ideal workout for the intermediate to advanced exercise participant who wants to mix things up a bit.



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!

Body Sculpting

A lighter total body workout open to all levels of participants, this class focuses on general muscle conditioning using a variety of equipment.

Cycle Challenge

This ride is a higher intensity, longer version (55 min.) of Cycle Spin that will truly challenge your cardiovascular system and help improve endurance. The class is designed for fit individuals who want to take their spin workouts to another level.

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 floor work at the end.

High Intensity: Insanity®

Insanity® is a cardio-based, total-body conditioning program. Unlike traditional, old-school workouts that feature short bursts of maximum intensity with longer periods of rest, Insanity® flips that formula upside-down, giving you the best workout in the shortest period of time. All fitness levels are welcome.

PgoX®

PgoX is a high-intensity, full-body conditioning class that combines yoga, strength training and kickboxing into a series of sessions designed to help you burn through body fat and tone up. The class utilizes small dumbbells, resistance bands, exercise balls, and many different bodyweight exercises. All fitness levels are welcome.

Pilates

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

Pump Fusion

Get a great strength training workout fused with movement centered exercises. Challenge yourself to lift and sweat to the beat!

Silver Sculpt - Enjoy a weight training class at a lower intensity that is appropriate for all ages. Learn to safely use all types of 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 Fusion (TRX/Basic Training)

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. We will fuse this work out with our classic Basic Training class. That means that anything goes! This will keep your workouts fresh, as well as effective! Check out our TRX specialty classes and register at <http://www.fairfaxcounty.gov/parks/parktakes/>

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

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

Note: BODYPUMP, Cycle, Basic Training, and TRX Fusion classes are offered on a first come, first served basis.