



# January 2017

## DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Spin <b>↗</b> 6-6:50am Dempsey MP Room	Ab Attack 5:30-5:55am Nina Fitness Studio	Basic Training 6-6:55 am Dempsey MP Room	Ab Attack <b>↗</b> 5:30-5:55am Nina Fitness Studio		Cycle Spin 8-8:45am Mel MP Room
Gentle Barre and Balance 11am-11:25am Shirl Fitness Studio	Zumba Gold 10:30-11:25am Laura MP Room	Better Balance <b>**NEW TIME**</b> 11-11:25am Mindi Fitness Studio		Cardio Sculpt 9-9:55am Mel MP Room	Ab Attack 9-9:30am Mel MP Room
Gentle Cardio 11:30am-12:25pm Shirl MP Room	Better Balance 11-11:25am Mindi Fitness Studio	Gentle Cardio 11-11:55am Dana MP Room	Gentle Cardio Dance 10:30-11:25am Laura MP Room	Gentle Cardio 11-11:55am Mel MP Room	Basic Training 9-9:55am Dempsey Gymnasium
Ab Attack! 11:30am Mindi Fitness Studio	Ab Attack! 11:30-11:55am Mel MP Room	Ab Attack! 11:30-11:55am Mindi Fitness Studio		Ab Attack 11:30-11:55am Mindi Fitness Studio	
<b>Too much cardio can actually prevent fat loss because your body will actually burn muscle for fuel.</b>					<b>Sunday</b>
Cycle Spin 12-12:55pm Mindi Fitness Studio	Cycle Fusion! (Cycle/Row) 12-12:50pm Mel MP Room	Cycle Fusion! (Cycle/Row) 12-12:50pm Mindi MP Room	Gentle Yoga 1145pm-1240pm Sandy MP Room	Cycle Spin 12-12:55pm Mindi MP Room	Spin Orientation (1 <sup>st</sup> and 3 <sup>rd</sup> Sunday of the Month) 9-9:45am Dempsey MP Room
Ab Attack! 5-5:25pm Shirl MP Room	Ab Attack! 6-6:25 Heather MP Room	Ab Attack! 5-5:25pm Shirl MP Room	Ab Attack! 6-6:25pm Shirl MP Room		Cycle Spin 10-10:45am Dempsey MP Room
Cycle Spin 5:30-6:15pm Shirl MP Room	Step And Sculpt 6:30-7:25pm Heather MP Room	Cycle Spin 5:30-6:15pm Shirl MP Room	Yoga 6-6:55pm Mel Fitness Studio		Yoga for Strong Bones 2-2:55pm Sandy MP Room
Cardio Sculpt <b>**NEW**</b> 5:45-6:40pm Michaela Dance Room	Cycle Spin 7:30-8:20pm Dempsey MP Room		Step And Sculpt 6:30-7:25pm Heather MP Room		Gentle Yoga 4-4:55pm Sandy Fitness Studio
		Mix-It-Up 6:30-7:25pm Nancy MP Room		Zumba® 7:00-7:55pm Kathy Dance Room	Meditation 5-5:55pm Sandy Dance Room
<b>Your heart pumps almost 2000 gallons of blood each day</b>					
 <b>Step 1: Back to Basics!</b> Good nutrition, physical activity, sleep and recreation time – get back to making healthy choices a priority for improving your life. <a href="http://www.fairfaxcounty.gov/parks/rec/Take12">www.fairfaxcounty.gov/parks/rec/Take12</a>			* indicates a change <b>↗ Class in danger of cancellation due to low attendance. Current month will run as scheduled.</b>		

### Lee District RECenter

6601 Telegraph Road  
Alexandria, VA 22310

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, Morgan Buck at [Morgan.Buck@fairfaxcounty.gov](mailto:Morgan.Buck@fairfaxcounty.gov).

 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](http://www.fairfaxcounty.gov/parks/ada.htm)

# Class Descriptions

## **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.

## **Barre Techniques**

Learn the secrets of a ballet body workout. Barre training is the hottest new fitness class for a ballet buff body. This techniques class will prepare you for our registered classes using the Barre workout method. Once you master the fundamentals, you will be ready to get the most out of your Barre class.

## **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.

## **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!

## **Better Balance**

This class focuses on basic balance exercises to assess if your balance needs to be improved upon. This class is suggested for all ages and all fitness levels.

## **Cycle Spin**

This cycling class is great for all levels of fitness! The instructor will call cues for both beginning and experienced students. This invigorating class will allow the riders to judge for themselves how hard they feel like working. It's a terrific class for staying fit! Definitely bring a water bottle and towel to 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 floor work at the end.

## **Jump and Pump**

Enhance your sports skills and challenge your body with jump ropes, plyometrics, calisthenics, and sport-specific drills. The program is designed for all levels of participation, so you can work at your own intensity while enjoying this high-energy class.

## **Meditation**

Enjoy this simple introduction to meditation for beginners. Learn how to release tension, relax the body, and accept or change negative emotions to create a greater sense of well-being and joy. Students will practice focusing the mind to increase concentration and to develop self-awareness. Find your connection to inner peace in this class.

## **Pilates**

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

## **Step and 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 in the second half.

## **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 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.

## **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 rubber resistance, weighted and air-filled balls, weighted bars and dumbbells, the BOSU®, gliding discs, and step platforms. All levels of fitness enthusiasts welcome.



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