



# January 2017

## MOUNT VERNON DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
↘ <b>Cycle Spin</b> 6-6:45am Shirl/Rm 4	<b>Row Fusion</b> 6-6:55am Shirl/Rm 1	↘ <b>Cycle Spin</b> 6-6:45am Shirl/Rm 4	<b>Row Fusion</b> 6-6:55am Shirl/Rm 1	↘ <b>Cycle Spin</b> 6-6:45am Shirl/Rm 4
<b>Mix it up</b> 9-9:55am Brenda/Rm 1	<b>Cardio Sculpt</b> 9-9:55am Doreen/Rm 1	<b>Balance &amp; Barre</b> 8:30-8:55am Shirl/Rm 4	<b>Cardio Sculpt</b> 9-9:55am Doreen/Rm 1	<b>Yoga</b> 8-8:55am Kristina/Rm 4
	<b>Tai Chi Basics</b> 10-10:55am Tri/Rm 4	<b>Mix it up</b> 9-9:55am Doreen/Rm 4		
	<b>Yoga</b> 10-10:55am Kate / Rm 1	<b>INDO ROW</b> 9-9:45am Brenda/Rm 1	<b>*Mix it up</b> 10-10:55am Reena/ Rm 4	<b>Pilates</b> 10-10:55am Shirl/Rm 4
	<b>Pilates</b> 11-11:55am Kate / Rm 1	<b>*Basic Training</b> 10-10:55am Reena/ Rm 1		
<b>Open Rowing – Tuesday &amp; Thursday 2:15 - 4pm / Rm 1 - No instructor provided. Bring your own music with ear buds.</b>				
<b>Cycle Spin</b> 12:15-1pm Doreen/Rm 4			<b>Cycle Spin</b> 12:15-1pm Anne/Rm 4	
<b>*Pure Stretch</b> 1:15-2:10pm Doreen/Rm 1	<b>Cycle Spin</b> 5-5:45pm Shirl/Rm 4	<b>Pilates</b> 11:10-12pm Shirl/Rm 4	<b>*Pure Stretch</b> 1:15-2:10pm Doreen/Rm 1	
<b>INDO ROW</b> 5-5:45pm Anne/ Rm 1	<b>PIYo</b> 6-6:55pm Alyssa/Rm 4	<b>*Cycle Spin</b> 12:15-1pm Nancy/Rm 4	<b>Cycle Spin</b> 5-5:45pm Shirl/Rm 4	<b>Tabata</b> 5-5:30pm Alex / Rm 4
<b>*Fit Circuit</b> 6-6:55pm Doreen/ Rm 1		<b>Cardio Kick Mix</b> 6-6:50pm Alyssa/ Rm 1		<b>Body Sculpting</b> 5:30-6pm Alex / Rm 4
<b>*Cycle Spin</b> 7:15-8:10pm Amy/Rm 4	<b>Cardio Sculpt</b> 7-7:55pm Nancy/Rm 1		<b>*Zumba</b> 7-7:55pm Brittany/ Rm 4	<b>Yoga</b> 6:15-7:10pm Rotation/Rm 4
	<b>Zumba</b> 7-7:55pm Myriam/Rm 4	<b>Yoga</b> 8-8:55pm Melanie/Rm 1		
<b>*Check out our new classes this month*</b>				
 <p><b>STEP 1: Start Together, Stay Together</b> Come up with a plan for eating healthfully and exercise together on a regular basis.</p> <p><a href="http://www.fairfaxcounty.gov/parks/rec/Take12">www.fairfaxcounty.gov/parks/rec/Take12</a></p>		<p>* indicates a change ↘ Class is in danger of cancellation due to low attendance. Current month will run as scheduled.</p>		



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)**

<b>Saturday</b>
<b>Yoga</b> 8:15-9:10am Chrissy/Rm 4
<b>Zumba</b> 9:30-10:25am Sandra/Rm 4
<b>PiYo</b> 10:30-11:25am Rita & Alyssa/Rm 4
<b>*Pilates</b> 11:35-12:30pm Christine/ Rm 4
<b>*Basic Training</b> 12:30-1:25pm Derek/ Rm 1 <b>January 14 &amp; 28 ONLY</b>
<b>Sunday</b>
<b>No classes January 1<sup>st</sup></b>
<b>Yoga</b> 8:15-9:10am Jaime/Rm 4
<b>Cycle Challenge</b> 9:30-10:25am Rotation/Rm 4
 10:45-11:30am Anne/Rm 1

**Mount Vernon  
RECenter**

2017 Belle View Blvd.  
Alexandria, VA 22307  
703.768.3224  
703.803.3354 (TTY)  
[www.fairfaxcounty.gov/parks](http://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 Mary Malof - Fitness Director at [mary.malof@fairfaxcounty.gov](mailto:mary.malof@fairfaxcounty.gov).

## Class Descriptions

Please wear comfortable clothing and shoes that allow movement.

### Basic Training

This class is a physically challenging workout designed 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.

### Body Sculpting

A total body workout open to all levels. This class will focus on general muscle conditioning using a variety of equipment.

### Cardio Kick Mix

Punch, kick, and jab your way through an action-packed workout! Kickboxing patterns, cardio intervals, and core training are combined in this high-energy workout to give an intense calorie burn to all levels of participants.

**Cardio Sculpt** -This class will focus on cardiovascular exercise and body sculpting. A great way to stay in shape and beat the exercise boredom while introducing something new.

### Cycle Challenge

This ride is a higher intensity, longer version (55 minutes) 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.

### 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. (45 minutes)

### Fit Circuit

Combining both cardio and strength building exercises to get your heart pumping and your muscled working while utilizing different types of equipment.

### Indo Row

A unique indoor rowing class that uses water as resistance to stimulate the authentic feel and sound of being on the water.

### Mix It Up

A total body conditioning workout that includes, warm-up, stretching, muscular strengthening, endurance, joint integrity, and total body toning. Dumbbells, bands, and body bars may be used. All levels welcome.

### Pilates

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

### PiYo

A strength fusion style format that incorporates Pilates and Yoga for a total body workout.

### Pure Stretch

Work on 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.

### Row Fusion

Start your day with a splash. A combination of core exercises and indoor rowing provides an awesome total body workout. All levels welcome - bring water and a towel.

### Tai Chi Basics

Ever wonder what "Tai Chi" 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. No pressure, just learning in a "giving environment."

### 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 as you get down with energetic Latin music, rhythms, and dance moves.