
















May 2012

Mount Vernon RECenter Drop-In Group Fitness (XYO)

No registration required -- free for pass holders. Non-pass holders will be charged \$8.00 (non-county \$10.50) at check in.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Spin 6-6:45am Shirl	INDO-GROW Row Fusion Row/Core 6-6:45am Shirl	Cycle Spin 6-6:45am Shirl	INDO-GROW Row Fusion Row/Core 6-6:45am Shirl	Cycle Spin 6-6:45am Shirl		
Cardio Sculpt 9-9:55am Anne/Rm 1	Cardio Sculpt 9-9:55am Doreen/Rm 1	Cardio Sculpt 9-9:55am Anne/Rm 4	Cardio Sculpt 9-9:55am Doreen/Rm 4	Cardio Sculpt 9-9:55am Anne/Rm 1	Cardio Sculpt 8:30-9:25am Christie/Rm 4 No class May 26th	Yoga Basics 8:30-9:15am Jamie/Rm 4
Sculpt, Strength & Tone 9-9:55am Brenda/Rm 4		INDO-GROW Row Fusion Row/Core 9-9:45am Brenda		Learn about locally grown produce by visiting a farmers' market or regional farm.	Dance, Sweat & Move 11:15-12pm Sandra/Rm 4	Cycle Spin 9:30-10:25am Rotation No class May 27th
	Yoga Basics 10-10:45am Kate/Rm 1	Yoga Basics 10-10:45am Kara/ Rm 1 May 9, 16, 23 & 30	Tai Chi Basics 10-10:45am Tri/Rm 4	Cycle Spin 10:15-11am Deborah	Yoga Basics 12:15-1pm Valencia/Rm 4 May 5 & 19	 May 13 th
Total Toning 11-11:45am Deborah		Total Toning 11-11:55am Deborah		Total Toning 11:15-12:10pm Deborah/Rm. 1		
Cycle Spin 12:15-1 pm Doreen	Cycle Spin 12:15 - 1pm Rotation	INDO-GROW Intro to Rowing 11:15-11:45am Rotation	Cycle spin 12:15-1pm Deborah		Take 12 Join Fairfax County RECenters in 2012 Take 12 for Health Campaign at http://www.fairfaxcounty.gov/parks/rec/take12/	
Yoga Basics 1:15 - 2pm Doreen/Mary/Rm 1 May 7, 14	Local food is fresher and tastes better than food shipped long distances from other states or countries.	Cycle Spin 12:15-1pm Deborah		Eating locally will strengthen your local economy.	Buy Fresh, Buy Local LiveWell encourages employees to visit local Farmer's Markets!  Information about farmer's markets	
Cycle Spin 5-5:45pm Dempsey	Cycle Spin 5-5:45pm Shirl	Cycle Fusion (Cycle/Sculpt) 5-5:50pm Doreen	Cycle Spin 5-5:45pm Shirl	Cycle Spin 5:15 - 6pm Linnea/Rebecca		
Basic Training 6-6:55pm Dempsey/Rm 1		Yoga Basics 6-6:45pm Valencia/Rm 4	Basic Training 6-6:45pm Doreen/Rm 1	Dance Sweat&Move 6:15-7pm Tiffany/Christina Rm 1	Mount Vernon RECenter 2017 Belle View Blvd. Alexandria, VA 22307 	
 Memorial Day May 28 th .	Know where your food comes from and how it's grown or raised enables you to choose safe food.	Cardio Hip Hop 7-7:45pm Christina/Rm 1 		Dance Fitness 7:05-7:50pm Christina/Rm1 	www.fairfaxcounty.gov/parks Questions, comments or concerns? Please contact the Fitness Director, Mary Malof. mary.malof@fairfaxcounty.gov 703-768-3224	
No classes Mon. May 28th.			Take 12 May goal is eating locally.			

CLASS DESCRIPTIONS

Class schedule and instructors are subject to change.

Basic Training

BOSU's, steps, medicine balls, and weights will be used during this class. A fun dynamic class for the weekend warrior in all of us. (Mon.55 min /Thurs 45min.)

Cardio Hip Hop

Get in the groove and in shape to awesome music. Increase your stamina while having fun. Full body workout. (Wed. 45min. rm 1)

Cardio Sculpt

This class focuses on a cardiovascular workout with muscle strength and toning exercises. (55 min.)

Cycle Fusion

This is a combination of cycling, sculpt, core and stretching. Bring a mat, towel & water. (room 4)

Cycle Spin

Take your ride inside! Our instructors will take you through variable speeds and resistance levels for a great endurance workout. Bring water and a towel to class. All levels welcome. (room 4)

Dance Fitness

A combination of workouts that will strengthen and condition your entire body. Each song will focus on different muscles. No equipment necessary. All levels welcome. (45 min. rm. 1)

Dance Sweat & Move

Looking to have a great time dancing and sweating to great music? Come out to this class and make it your own.

Row Fusion

Start your day with a splash. In 45 min. we'll combine core exercises with indoor rowing to experience a total body workout. All levels welcome. Bring water and a towel. (Tues, Wed. & Thurs /45 min room 1)

Sculpt, Strength & Tone

General conditioning that includes an aerobic warm-up, stretching, and total body toning. Maintain and build your muscles using light, medium, and heavy weights, BOSU, balls and bands. (55min.Mon. rm 4/Wed. rm 1)

Tai Chi Basics

Ancient Chinese exercise that trains the mind as well as the body. All levels welcome. (45 min. class)

Total Toning

Work your core using hand weights, BOSU balls and bands. This class will help improve your balance and strength. All levels welcome. (55 min. /room 4)

Yoga Basics

This is a beginner class that teaches Yoga fundamentals. Mats will be provided if you don't have one. (45 min. M,T,W,Sat&Sun)



Intro to Rowing – Come try our authentic water flywheel rower which emulates the exact dynamics of a boat moving across the water creating a wave-like sound that is both engaging and mesmerizing. (Room 1)



If ADA accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354