



September 2017

Oak Marr RECenter Drop-In Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Challenge 6-6:55am (SR) Mark	Cycle Fusion 7:30-8:25am (SR) Johnny	ZUMBA 6-6:55am (DR) Debbie C.	Cycle Fusion 7:30-8:25am (SR) Johnny.	Cycle Challenge 6-6:55am (SR) Subodh	LES MILLS BODYPUMP 7:00 - 7:45am (SR) Galina
ZUMBA 6-6:55am (DR) Debbie C.	ZUMBA 9-9:30am (DR) Debbie P.	Cycle Challenge 6-6:55am (SR) Mark	ZUMBA 9-9:30am (DR) Debbie P.	ZUMBA 6-6:55am (DR) Debbie C.	Cycle Challenge 8-8:55am (SR) Mark
Core Conditioning 9-9:55am (MB) Debbie P.	HIGH fitness 9:30-10:25am (SR) Natalie S.	Pure Stretch 10-10:55am (MB) Debbie P.	HIGH fitness 10-10:55am (SR) Natalie S.	Core Conditioning 9-9:55am (MB) Debbie P.	Cycle Challenge 9-9:55am (SR) Don
Mix It Up 9:30-10:25am (SR) Jamie	Ballet & Beyond 10:30-11:25am (MB) Debbie P.	Cardio Sculpt 11-11:55am (MB) Christy C.	Cycle Challenge 11:45-12:40pm (SR) Sherry	Pure Stretch 10-10:55am (MB) Debbie P.	Tai Chi Basics 11-11:55am (MB) Debbie P.
Pure Stretch 10-10:55am (MB) Debbie P.	Yoga 11:30 - 12:25pm (MB) Melissa	Fit Ball/Core 12:30-1:25pm (SR) Johnny	Yoga 12-12:55pm (MB) Robyn	Mix It Up 10-10:55am (SR) Brie/Cindy	Yoga 12:15-1:10pm (SR) Ravi
Yoga 11-11:55am (MB) Noel	Cycle Challenge 11:45-12:40pm (SR) Cindy	Cycle Fusion 1:45 - 2:40pm (SR) Melissa	Meditation 1:00-1:30pm (MB) Melissa	Pilates 11-11:55am (MB) Debbie P.	Yoga 2:30- 3:25pm (SR) Karen Starts 9/16
Fit Ball/Core 12:30-1:25pm (DR) Johnny	Meditation 12:30 - 1:00pm (MB) Melissa		Pilates 1:35-2:30pm (MB) Melissa	Cycle Challenge 11:15-12:10pm (SR) Brie/Cindy	
Interested in one-on-one weight room guidance? Stop by our Fitness Desk for more info on Personal Training!					Sunday
Yoga 1-1:55pm (MB) Robyn	Mix It Up 5-5:55pm (DR) Matt	Yoga 5:30-6:25pm (MB) Robyn	Mix It Up 5:30-6:25pm (OR) Cindy	Yoga 4-4:55pm (MB) Hope	Cycle Challenge 9-10:25am (SR) Amy
ZUMBA 7:30-8:25pm (OR) Carla	LES MILLS BODYPUMP 6:30-7:25pm (SR) Natalie	ZUMBA 7-7:55pm (MB) Debora	LES MILLS BODYCOMBAT 6:45-7:40pm (OR) Galina	Yoga 5:30-6:25pm (SR) Noel	ZUMBA 9:30-10:25am (MB) Natalie A.
Notable Dates: 9/4 - Labor Day Fitness Center is open normal hours. Check our front desk for a modified drop-in schedule	Yoga 6:30-7:25pm (MB) Robyn	LES MILLS BODYCOMBAT 7:30-8:25pm (OR) Galina	LES MILLS BODYPUMP 8:05 - 9:00pm (SR) Galina	Barre Techniques 6-6:30pm (MB) Michele	Mix It Up 10:45-11:40am (OR) Sherry No Class 9/17
		Meditation & Stretch 8-8:55pm (SR) Sally		Pilates 6:30-7:25pm (MB) Michele	
STEP 9: Be Body Strong - Healthy people come in all shapes and sizes. Improving your strength will help keep your body and mind moving with ease.			⚡ Class in danger of cancellation due to low attendance. Blue background indicates a NEW class, time or instructor.		Room Key: DR = Dance Room SS = Spin Room MB = Mind Body Studio OR = Oak Room
 www.fairfaxcounty.gov/parks/rec/Take12					

Oak Marr RECenter
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Oakton, VA 22124
703.281.6501

This calendar is subject to change; please call the RECenter with questions or concerns. For questions or comments regarding the schedule, please email Hannah Hutton at Hannah.Hutton@fairfaxcounty.gov

www.fairfaxcounty.gov/parks

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



Class Descriptions

Ballet & Beyond

This dynamic class blends traditional ballet moves with basic Pilates exercises to lengthen and strengthen your body and core. Build the body of a dancer, improve balance and body composition and have fun doing it!

Barre Techniques

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

LES MILLS 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. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. Release stress, have a blast and feel like a champ.

LES MILLS BODYPUMP

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

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!

Core Conditioning

This class emphasizes sculpting and strengthening the trunk with its major muscle groups—feel your abs, glutes, hip, back and chest muscles like never before using balls, the BOSU, body bars, and mats.

Cycle Challenge

This ride is a higher intensity, longer version 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 Fusion

The best of both worlds – cycle spin fused with yoga to give you a dynamic full body workout. It is 35 minutes spin with 20 minutes of yoga focusing on the muscles most affected by cycling (calves, thighs, hips). Students should bring a yoga mat, towel and water, and should stay for both parts of the class. If you are new to Spin please arrive 5-10 minutes early for proper bike set-up.

Fit Ball/Core

Get “toned” and strong, improve spinal health and have fun with the exercise ball. Learn secrets behind true strength!

Fit Circuit

Combining both cardio and strength-building exercises to get your heart pumping and muscles working, this exciting class targets all major muscle groups using a format of three minute segments on various equipment—bikes, weights, steps, balls, bodyweight, etc. Are you ready for the circuit challenge?

HIGH fitness

Join the fitness craze that's getting everyone addicted to being super fit. Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love! Finally a fitness class that is easy to follow and a total blast. Come have some BODY SCULPTING FUN!

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.

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

Is for the Pilates beginner. It is designed to teach fundamental concepts basic movements, breathing, and modifications. This class is excellent preparation for the Pilates Level I class.

Pure Stretch

Work on your flexibility in a class which focuses on stretching major muscle groups. A much needed and often overlooked component of the average fitness regime.

Tai Chi Basics

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. No pressure, just learning in a “giving environment.”

Yoga

Gain greater strength and flexibility as you learn basic yoga postures and different breathing techniques – a great preparation class for Hatha I and other yoga classes. All levels welcome.

ZUMBA

Dance your way into fitness with a fun, energetic, easy way to exercise. Zumba is a high/low cardio workout using the hottest Latin music and moves, as well as other world genres.

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.

Please wear sneakers and comfortable clothing that allows free movement.