



Oak Marr RECenter DROP-IN GROUP FITNESS (XYO)




eXercise YOur Options

May 2012



Class schedule and instructors are subject to change due to instructor availability and room space.

Classes are **FREE** with FCPA RECenter Pass. Drop-in fee required for non-passholders.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Challenge* 6AM-6:55AM <i>Mark</i>	Total Toning 6AM-6:55AM <i>Subodh</i>	Cycle Challenge* 6AM-6:55AM <i>Mark</i>	Total Toning 6AM-6:55AM <i>Subodh</i>	Cycle Challenge* 6AM-6:55AM <i>Subodh</i>	Cycle Challenge* 8AM-8:55AM <i>Mark</i>	Cycle Challenge* 8:30AM-10AM <i>Amy</i>
Zumba Basics* 7AM-7:55AM <i>Debora</i>	Cycle Fusion* (Cycle/Yoga) 7:30AM-8:25AM <i>Johnny</i>	Zumba Basics* 7AM-7:55AM <i>Debora</i>	Cycle Fusion* (Cycle/Yoga) 7:30AM-8:25AM <i>Johnny</i>	Zumba Basics* 7AM-7:55AM <i>Debora</i>	Cycle Challenge* 9AM-9:55AM <i>Don</i>	
Strengthen & Lengthen 9AM-9:55AM <i>Debbie</i>	Zumba Basics* 9AM-9:30AM <i>Debbie</i>		Zumba Basics* 9AM-9:30AM <i>Debbie</i>		Tai Chi Basics 11AM-11:55AM <i>Debbie</i>	
Pure Stretch 10am-10:55am <i>Debbie</i>	Cycle Challenge* 11:30AM-12:25PM <i>Pete</i>	Mix It Up 10am-10:55am <i>Greg</i>	Cycle Challenge* 11:30am-12:25pm <i>Pete</i>	Pure Stretch 10am-10:55am <i>Debbie</i>	Yoga Basics 12PM-12:55PM <i>Ravi</i>	
Mix It Up 10am-10:55am <i>Greg</i>	Sculpt, Strength & Tone 5PM-5:55PM <i>Greg</i>	Yoga Basic 10AM-10:55AM <i>Debbie</i>	Pure Stretch 1pm-1:55pm <i>Sara</i>	Pilates Basics 11AM-11:55AM <i>Debbie</i>	Take 12! Tip: <i>Eat and buy local foods and produce!</i>	
	Cycle Spin* 6PM-6:45PM <i>Mariah</i>	Fit Ball / Core 12:30PM-1:25PM <i>Johnny</i>	Sculpt, Strengthen & Tone 5pm-5:55pm <i>Greg</i>	Tai Chi Basics 12PM-12:55PM <i>Debbie</i>	Class of the Month: <i>Total Toning Tuesdays & Thursdays @ 6am</i>	
Fit Ball / Core 12:30PM-1:25PM <i>Johnny</i>	<i>* Indicates a class that requires sign-up!</i>	Pilates Basics 8PM-8:55PM <i>Debbie</i>	Cycle Spin* 6PM-6:45PM <i>Mariah</i>	Oak Marr RECenter 3200 Jermantown Road Oakton, VA 22124 703-281-6501 ext. 215 <i>Questions, comments, concerns or suggestions?</i> Please contact Jennifer Elgas Fitness Director: Jennifer.Elgas@fairfaxcounty.gov www.fairfaxcounty.gov/parks		
						

All Cycle Spin, Cycle Challenge, Cycle Fusion & Zumba classes require sign-up! Sign-up is located at the Front Desk of OMRC.

XYO Group Fitness Class Descriptions

- Cardio Sculpt (55 minutes, Beginner-Advanced)** - This class focuses on the cardiovascular workout with segments of body sculpting throughout the class. What a great way to stay in shape and introduce something new to your current workout!
- Cycle Challenge (55 minutes, Intermediate-Advanced)** -A high-intensity, longer duration version of group cycling class that will truly challenge your cardiovascular system and help to build endurance. Intermediate/Advanced.
- Cycle Fusion (Yoga) (55 minutes, Beginner-Intermediate)** – 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.
- Cycle Spin (45 minutes, Beginner-Advanced)** - This cycling class is great for all levels of fitness! The instructor will call cues specifically for beginners and those who are advanced. This invigorating class will allow the riders to judge for themselves how hard they feel like working. A terrific class for staying fit! Water bottles are necessary for this class.
- Ballet & Beyond (55 minutes, Beginner-Advanced)** – 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!
- Fit Ball/Core (55 minutes, Beginner-Advanced)** - Get “toned” and strong, improve spinal health and have fun with the exercise ball. Learn secrets behind true strength!
- Mix It Up (55 minutes, Beginner-Advanced)** – It’s the instructor’s choice for a fun and challenging total body workout. This class may include everything from strength work, to core to balance. There will also be emphasis on stretching and improving range of motion.
- Pilates Basics (55 min, Beginner-Intermediate)** - Is for the Pilates beginner. It is designed to teach fundamental concepts and basic moves of Pilates.
- Pure Stretch (55 minutes, Beginner-Intermediate)** - Active isolated stretching helps to increase range of motion in the joints, increase flexibility and decrease pain.
- Sculpt, Strength and Tone (55 minutes, Beginner- Intermediate)** - General conditioning that includes an aerobic warm-up, stretching, and total body toning. Light hand held weights may be used. Bring a mat and a towel to each class.
- Strengthen & Lengthen (55 minutes, Beginner-Intermediate)** - This class is focused on exercises to strengthen the body as well as stretches to lengthen the body. Basic Pilates exercises and yoga poses will be incorporated in this class. Bring a mat and towel to class.
- Tai Chi Basics (55 minutes, Beginner-Intermediate)** – Ever wonder what the heck that “Tai Chi” stuff is? Did you know it can help your posture, your calm, your overall sense of your body? Did you know it can build strength? Come and try it out. No pressure, just learning in a “giving environment”.
- Total Toning(55 minutes, Beginner-Intermediate)** – This class uses weights, bands, and your body’s own resistance to shape and define major muscle groups in your arms, legs, torso, and hips. You will see and feel the results!
- Yoga Basics (55 minutes, Beginner-Intermediate)** - 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.
- Zumba Basics (30 or 55 minutes, Beginner-Intermediate)** - Exercise your body and energize your soul in this new and exciting aerobics class. Tone up as you get down with energetic Latin music, rhythms, and dance moves.

Fitness Article

Take 12 Goal of the Month: Eat and buy local foods! **Why Eating In-Season Foods Works for Weight Loss**

By: Cynthia Sass By: [SHAPE magazine](#)

Eating in-season produce can be good for weight loss. Have you ever bought veggies with the intention of eating healthfully, only to bite in and taste, well, nothing? Many of my clients tell me that the disappointing flavor and texture of [fruits and veggies](#) has led them to toss out a healthy meal or snack and replace it with an unhealthy, but more flavorful, choice. The reason for the lack luster produce is that often, it was out of season. This happens because it was grown far away, harvested before it was fully ripe, and traveled pretty far before it made its way onto your plate. Under-ripe produce isn't allowed to develop the natural substances responsible for its flavor, aroma, [nutritional value](#), and even the sound, like the "snap" of a string bean or "crack" of a crisp apple. If you've ever plucked a tomato from your garden minutes before adding it to a salad, you've experienced this difference in quality and taste intensity. In short, eating local, in-season produce maximizes your enjoyment, and can lead to more fruits and veggies ending up in your body, rather than in the garbage disposal. Furthermore, ripe produce that's bursting with antioxidants may be a secret weight loss weapon. In my newest book [S.A.S.S! Yourself Slim I](#) talk about some breakthrough research, which shows that people who consume more antioxidants from whole foods weigh less, even when they don't eat [fewer calories](#). Pretty exciting news. If you don't have the space or time for your own garden you can take advantage of the bounty in your area with these great resources:

[Local Harvest](#)

Use this site to find your local farmer's markets, and community supported agriculture programs (CSAs) so you can find out what's in season in your area, meet the farmers who grew it, or get it delivered to your door.

[Pick Your Own](#)

This resource lists where you can go in your region to head outdoors and harvest fruits and veggies yourself. When you visit farms you truly understand why it's not natural to eat watermelon in the winter.

[Find Fruit](#)

This website and app allows you to find and/or share local fruit (veggies and herbs too) from backyards in your area and from public lands, so they won't be wasted. Cool idea!

[Edible Communities](#)

Edible Communities is a publishing company that formed in response to the rapidly growing locavore movement. Through locally focused newsletters, websites, magazines, and events, each publication celebrates local food and culinary treasures, with an emphasis on sustainable agriculture, small family farms and artisan foods. From [Edible Queens](#) in New York to [Edible Westside](#) in Los Angeles there are over 60 fantastic publications across the US.



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