



November 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	Cycle Challenge 6-6:55am (SR) Mark	Cycle Fusion 7:30-8:25am (SR) Johnny	Mix It Up 5:15 - 6:10am (MB) Jamie	LES MILLS BODYPUMP 7:00 - 7:45am (SR) Galina
ZUMBA 6-6:55am (DR) Debbie C.	ZUMBA 9-9:30am (MB) Debbie P.	ZUMBA 6-6:55am (DR) Debbie C.	ZUMBA 9-9:30am (MB) Debbie P.	Cycle Challenge 6-6:55am (SR) Subodh	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.	ZUMBA 6:55am (DR) Debbie C.	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 (SR) Richard	Cycle Challenge 11:45-12:40pm (SR) Sherry	Core Conditioning 9-9:55am (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	Pure Stretch 10-10:55am (MB) Debbie P.	Yoga 12:15-1:10pm (SR) Ravi
Yoga 11-11:55am (SR) Noel	Cycle Challenge 11:45-12:40pm (SR) Cindy	Cycle Fusion 1:45 - 2:40pm (SR) Melissa	Meditation 1:00-1:30pm (MB) Melissa	Mix It Up 10-10:55am (SR) Cindy	Yoga 2:30- 3:25pm (SR) Karen
Fit Ball/Core 12:30-1:25pm (DR) Johnny	Meditation 12:30 - 1:00pm (MB) Melissa		Pilates 1:35-2:30pm (MB) Melissa	Pilates 11-11:55am (MB) Debbie P.	
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 (SR) Cindy	Cycle Challenge 11:15-12:10pm (SR) Cindy	Cycle Challenge 9-10:25am (SR) Amy
Yoga (Yin) 4:00-4:55pm (MB) Hope	LES MILLS BODYPUMP 6:30-7:25pm (SR) Natalie	ZUMBA 7-7:55pm (DR) Debora	Yoga 5:30-6:25pm (MB) Frances	Yoga (Yin) 4-4:55pm (MB) Robyn	ZUMBA 9:30-10:25am (MB) Natalie A.
ZUMBA 7:30-8:25pm (OR) Carla	Yoga 6:30-7:25pm (MB) Robyn	LES MILLS BODYCOMBAT 7:30-8:25pm (SR) Galina	LES MILLS BODYCOMBAT 6:45-7:40pm (OR) Galina	Yoga 5:30-6:25pm (SR) Noel	Mix It Up 10:45-11:40am (SR) Sherry
	Pure Stretch 7:30 - 8:25pm (MB) Sara F.	Meditation & Stretch 8-8:55pm (MB) Sally	LES MILLS BODYPUMP 8:15 - 9:00pm (SR) Galina	Barre Techniques 6-6:30pm (MB) Michele	Room Key: DR = Dance Room SR = Spin Room MB = Mind Body Studio OR = Oak Room
Step 11: On-Demand Wellness On your own: Go for a simulated cycle ride at your RECenter, which is equipped with On-Demand Fitness Programming. As a Family: Use your activity tracking device (Fitbit, Garmin, pedometer, etc.) to create a healthy family challenge. www.fairfaxcounty.gov/parks/rec/Take12			✨ Class in danger of cancellation due to low attendance. Blue background indicates a NEW class, time or instructor.	Pilates 6:30-7:25pm (MB) Michele	Important Dates: Veterans Day 11/10 Thanksgiving Weekend 11/23-26 Check front desk for schedule changes

Oak Marr RECenter
 3200 Jermantown Rd.
 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



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 – 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.

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. Our Yoga (Yin) classes are slower paced and the poses are held for longer periods of time. The goal of these classes are to increase circulation and improve flexibility.

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. Updated: 10/25/2017