



# JANUARY 2017

## DROP-IN GROUP FITNESS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycle Challenge</b> 6-6:55am Mark	<i>Start your day off with a great workout!</i>	<b>Cycle Challenge</b> 6-6:55am Mark		<b>Cycle Challenge</b> 6-6:55am Subodh	<b>Cycle Challenge</b> 8-8:55am Mark
<b>Zumba</b> 6-6:55am Debbie C.	<b>Cycle Fusion</b> 7:30-8:25am Johnny	<b>Zumba</b> 6-6:55am Debbie C.	<b>Cycle Fusion</b> 7:30-8:25am Johnny.	<b>Zumba</b> 6-6:55am Debbie C.	<b>Cycle Challenge</b> 9-9:55am Don
<b>Core Conditioning</b> 9-9:55am Debbie P.	<b>Zumba*</b> 9-9:30am Debbie P.	<b>Pure Stretch</b> 10-10:55am Debbie P.	<b>Zumba*</b> 9-9:30am Debbie P.	<b>Core Conditioning</b> 9-9:55am Debbie P.	<b>Tai Chi Basics</b> 11-11:55am Debbie P.
<b>Mix It Up</b> 9:30-10:25am Matt/Cindy	<b>HIGH Fitness</b> 9:30-10:25am Natalie S.	<b>Fit Ball/Core</b> 12:30-1:25pm Johnny		<b>Pure Stretch</b> 10-10:55am Debbie P.	<b>Yoga</b> 12:15-1:10pm Ravi
<b>Pure Stretch</b> 10-10:55am Debbie P.	<b>Ballet &amp; Beyond</b> 10:30-11:25am Debbie P.	<b>Yoga</b> 5:30-6:25pm Robyn	<b>Cycle Challenge</b> 11:45a-12:40p Sherry	<b>Mix It Up</b> 10-10:55am Cindy	
<i>Thinking about Personal Training? Stop by our Fitness Desk for more information!</i>					<b>Sunday</b>
<b>Yoga</b> 11-11:55am Noel	<b>Cycle Challenge</b> 11:45a-12:40p Cindy		<b>Yoga</b> 12-12:55pm Robyn	<b>Pilates</b> 11-11:55am Debbie P.	<b>Cycle Challenge</b> 9-10:25am Amy
<b>Fit Ball/Core</b> 12:30-1:25pm Johnny	<b>Mix It Up</b> 5-5:55pm Matt	<b>Zumba</b> 7-7:55pm Natalie A.	<b>Mix It Up</b> 5-5:55pm Cindy	<b>Cycle Challenge</b> 11:15a-12:10p Cindy	
<b>Yoga</b> 1-1:55pm Robyn	<b>Yoga</b> 6:30-7:25pm Robyn	<b>HIGH Fitness</b> 7-7:55pm Natalie S.	<b>BOSU® Training</b> 6-6:55pm Cindy	<b>Yoga</b> 4-4:55pm Hope	
<b>Zumba</b> 7:30-8:25pm Carla		<b>Fit Circuit</b> 7:30-8:25pm Cindy	<b>PIYO</b> 7:30-8:25pm Jennifer H.	<b>Yoga</b> 5:30-6:25pm Noel	
Note: Class schedule is subject to change due to instructor and room availability.		<b>Yoga</b> 8-8:55pm Hela		<b>Barre Techniques</b> 6-6:30pm* Michele	<b>Pilates</b> 6:30-7:25pm Michele
 <p><b>STEP 1:</b> Start Together, Stay Together Come up with a plan for eating healthfully and exercising together on a regular basis. <a href="http://www.fairfaxcounty.gov/parks/rec/Take12">www.fairfaxcounty.gov/parks/rec/Take12</a></p>			<p><b>* Indicates a 30 min. class</b> ⚡ <b>Class in danger of cancellation due to low attendance. Current month will run as scheduled.</b></p>	<p>Check with the Front Desk or big calendar in the lobby about classes over the holidays!</p>	

### Oak Marr RECenter

3200 Jermantown Rd.  
Oakton, VA 22124  
703.281.6501  
[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 the Fitness Director at [Jennifer.Elgas@fairfaxcounty.gov](mailto:Jennifer.Elgas@fairfaxcounty.gov).



## 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! (55 min.)

### **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. (55 min.)

### **BOSU® Training**

The BOSU® is a versatile exercise trainer—half stability ball and half platform—used to improve every aspect of fitness, from cardio conditioning to strength, from balance to coordination, from agility to flexibility, and everything in between. Come experience what “both sides utilized” truly means! (55 min.)

### **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 (55 min.) 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. (55 min.)

### **Fit Ball/Core**

Get “toned” and strong, improve spinal health and have fun with the exercise ball. Learn secrets behind true strength! (55 min.)

### **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? (55 min.)

### **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! (55 min.)

### **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. (55 min.)

### **Pilates**

Is for the Pilates beginner. It is designed to teach fundamental concepts and basic moves of Pilates. (55 min.)

### **PIYO**

A strength fusion style format that incorporates Pilates and Yoga for a total body workout. (55 min.)

### **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. (55 min.)

### **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.” (55 min.)

### **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. (55 min.)

### **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.

**Please wear sneakers and comfortable clothing that allows free movement.**

