




PROVIDENCE RECenter DROP-IN GROUP FITNESS (XYO)

eXercise Your Options

MAY 2012



Classes are **FREE** with FCPA RECenter Pass. Daily admission required for non-pass holders.

MON	TUES	WED	THURS	FRI	SAT	SUN
Cycle Fusion Cycle / Yoga 8-8:55AM Sara	Walking for Fitness 9-9:55AM Sara	Zumba Basics 7-7:55AM Cheryl	Sculpt, Strengthen & Tone 10:15-11:10AM Lorrie	Cycle Spin 6:00-6:45AM Debbie	Abs, Back & Stretch 7:00-7:30AM Maria	Tai Chi Guided Intro 12-12:55PM Richard
Balance & Beyond Basics 9-9:55AM Sara	Pure Stretch 10-10:55AM Sara	Total Toning 8-8:55 AM Sonia	Yoga Basics All Levels 10:30-11:25AM Carole	Total Toning 9:00- 9:55AM Sonia	Yoga Basics 9:00-9:55AM Aliya	Cardio Sculpt 1-1:55PM Richard
Ab Attack 10-10:30AM Barry	Abs, Back & Stretch 11-11:55AM Sara	Yoga Basics 9-9:55 AM Sonia	Yoga Basics Gentle/Senior 11:30-12:25PM Carole	MUVE 9:30-10:00AM Bell	Yoga Basics 1-1:55PM Aliya	Tai Chi Intro PLUS 2-2:55PM Richard
Pure Stretch 10:30- 11:55PM Sara	Cycle Fusion Cycle/Core 12-12:55PM Sara	Ab Attack 10-10:30 AM Barry	TRX Techniques 12:30-1:00PM Bell	Pilates Basics 10-10:55AM Sonia	 <p><i>All Cycle Spin and TRX Express classes require sign up at the Front Desk. Sign up is available one hour before class and must be done in person!</i></p> <p><i>*- Indicates a new class or new time.</i></p> <p><i>\$\$- Indicates a \$12 fee for TRX Express class. Paid at Front Desk along with class sign up.</i></p>	
Zumba Basics 12-12:55PM Debora	MUVE 12-12:30PM Bell	Cycle Spin 6:30-7:15PM Mike/Karen	Yoga Basics 6-6:55PM Rita	Ab Attack 10-10:45AM Barry		
Cycle Spin 6-6:45PM Debbie	Zumba Basics 6-6:55pm Tracy		Cycle Spin 7-7:45PM Don	Zumba Basics 11-11:55AM Debora		

Memorial Day Weekend

NO XYO CLASSES May 26th-28th



Take 12! Eat Local

Learn about locally-grown produce by visiting a farmers' market or regional market. In the grocery store or restaurant, find out where the food you buy originates.

Providence RECenter

7525 Marc Drive
Falls Church, VA 22042
703-698-1351 ext. 203



Questions, comments, concerns or suggestions?

Please contact **Lindsay Curry**
Fitness Director:

Lindsay.Curry@fairfaxcounty.gov
www.fairfaxcounty.gov/parks

Group Fitness Class Descriptions

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

Ab Attack (30 minutes, Beginner to Advanced) - The fastest way to get it done! Thirty minutes of just a good old fashioned abdominal workout. Strengthen and define your abs while increasing back and core strength. Great for improving torso stabilization. Use this class as a compliment to any cardiovascular workout!

Abs, Back and Stretch (30 minutes, Beginner to Advanced) - If you thought Pilates was too much, but liked the idea of working your core muscle groups then this is your class! Abs, Back & Stretch focuses on exercises for the core muscles to help promote strength, flexibility, better posture and form.

Balance and Beyond Basics (55 minutes, Beginner to Intermediate) - Balance is the key to maintaining a healthy and active lifestyle. This class will help you enhance mobility, strength and flexibility.

Cardio Sculpt (55 minutes, Beginner to Intermediate) - This class focuses on the cardiovascular workout with small segments of body sculpting throughout the class. What a great way to stay in shape and introduce something new to your current workout!

Cycle Fusion-Core (55 minutes, Beginner to Intermediate) - The best of both worlds - cycle spin fused with core work to give you a dynamic, full body workout. Bring a mat, towel & water.

Cycle Fusion-Yoga (55 minutes, Beginner to Intermediate) - 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 (55 minutes, Beginner to 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 and a towel are necessary for this class.

Dance, Sweat, Move (55 minutes, Beginner to Advanced) - Looking to have a great time dancing and sweating to great music? Come out to this class and make it your own! (Hip-Hop style influenced dance moves)

Fit to the Core (55 minutes, Beginner to Intermediate) - Strengthen your core of power for improved posture and alignment. Exercises in this class focus on abdominal, lower back, and gluteal muscles.

MUVE (30 minutes, Beginner to Advanced) - Dance your way to fitness with MUVE! The new exercise that blends *easy* dance moves with lively music. Feel great and energize your body and mind with a full body workout that is super easy to do. Dance along at your own pace with gentle moves.

Nature Walk for Fitness (55 minutes, Beginner to Advanced) - Enjoy the park and its natural environment have to offer with a brisk, fun walk! On rainy days, the walk will be substituted with a fitness class held in the RECenter.

Pilates Basics (55 minutes, Beginner to Advanced) - For the Pilates beginner. It is designed to teach fundamental concepts and basic moves of Pilates. All Levels. Bring mat and towel to class.

Pure Stretch (55 minutes, Beginner to Advanced) - Active isolated stretching helps to increase range of motion in the joints, increase flexibility and decrease pain.

Sculpt, Strengthen and Tone (55 minutes, Beginner to 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 and Lengthen (55 minutes, Beginner to Intermediate) - This class is focused on exercises to strengthen the body as well as stretches to lengthen the body. Light hand held weights may be used. Bring a mat and a towel to each class.

Tai Chi Guided Intro (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”.

Tai Chi Guided Intro PLUS (55 minutes, Intermediate-Advanced) – Has the Guided Introduction peaked your interest? Tai Chi Intro plus will work to improve balance, posture, fluid movement, and mental focus. The class will be offered Sunday afternoon only during April and will teach Tai Chi movements developed by Professor Cheng Man-ch'ing (1902-1976). Guided Introduction recommended but not required.

TRX Techniques (30 minutes, Beginner) - Learn the TRX lingo with this introductory class! Participants will learn safety, body alignment, and proper execution of exercises on the TRX Suspension System. Class will be a hands-on, learning environment. No sign up required.

TRX Express \$ (45 minutes, Beginner to Advanced) -Get a power-packed workout on the TRX Suspension System and make your body, your machine! Bring towel and water bottle. Sign up required at the Front Desk. 8 participant maximum. **\$12 fee per class.**

Yoga Basics (55 minutes, Beginner to 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 to Intermediate) - Exercise your body and energize your soul in this exciting aerobics class. Tone up as you get down with energetic Latin music, rhythms, and dance moves.



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