



# October 2017

## DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SS&amp;T</b> 9-9:55AM Christine DR	<b>Mix It Up</b> 9:30-10:25AM Lorrie DR	<b>SS&amp;T</b> 9-9:55AM Christine DR		<b>SS&amp;T</b> 9-9:55AM Christine DR	<b>Yoga</b> 8-8:55AM Susan DR
<b>Ab Attack</b> 10-10:30AM Barry DR	<b>Abs, Back &amp; Stretch</b> 10:30-11:25AM Lorrie DR	<b>Ab Attack</b> 10-10:30AM Barry DR	<b>SS&amp;T</b> 10:15-11:10AM Lorrie DR	<b>Ab Attack</b> 10-10:45AM Barry DR	
<b>Zumba</b> 12-12:55PM Sandra DR	<b>Yoga</b> 11:35AM-12:50PM Jim DR	<b>* Pilates Multi Equip. Circuit</b> 1-1:55PM Mandy (CR4)	<b>Gentle Yoga</b> 11:30AM-12:25PM Simona DR	<b>Cycle Spin</b> 10-10:45AM Sherry FS	<b>Turbo Kick</b> 9-9:55AM Jenna DR
<b>Pilates Mat</b> 1-1:55PM Alexis DR	<b>TRX</b> 12-12:55PM Christine CR4	<b>* Silver Sculpt</b> 1-1:55PM Richard DR	<b>Yoga</b> 12:30-1:55PM Simona CR5	<b>Zumba</b> 11-11:55AM Debora DR	<b>Zumba</b> 10-10:55AM Sandra DR
	<b>October is...</b> Eat Better, Eat Together Month; Children's Health Month; National Breast Cancer Awareness Month; National Work and Family Month.		<b>TRX</b> 2-2:45PM Christine CR4	<b>Gentle Yoga</b> 1-1:55pm Hela CR4	
<b>Cycle Spin</b> 6-6:45PM Valerie FS				<b>Yoga</b> 2-2:55pm Hela CR4	
<b>Get Info for the 50+ Crowd at the Park Authority's 50+ Web Portal</b>					<b>Sunday</b>
<b>Vibes</b> 6-6:55PM Rachel CR4	<b>Zumba</b> 8-8:55pm Chris DR	<b>Vibes</b> 7-7:55PM Rachel CR4	<b>TRX Fit</b> 5:30-6:25PM Teresa CR4	<b>Fall into Fitness Event</b>  <b>coming soon!</b>	
	<b>CANCELLED</b> Barre Techniques Pound		<b>TRX Fundamentals</b> 6:30-7:00PM Teresa CR4		<b>Tai Chi Guided Intro</b> 12-12:55PM Richard DR
<b>Yoga</b> 7-8:25PM Hela CR5	<b>SUBS</b> Zumba, Fri. 11am - Chris C will sub 10/6 & 13 Yoga, Tuesdays 11:35am - Jim will be subbing all month. Catherine will sub the 10/3 class.		<b>30/30/30 Cardio Sculpt, CXWORX, Pure Stretch</b> 5:30-6:55PM Heather (DR)	<b>Zumba</b> 6:30-7:25PM Teresa DR	<b>Tai Chi PLUS</b> 1-1:55PM Richard DR
 <b>Step 10</b> At home, school, on-the-go or at a café, choose healthful food and drinks for the whole family. <b>Pick one day and plan your snacks out for the week to set            yourself up for success!</b> <a href="http://www.fairfaxcounty.gov/parks/rec/Take12">www.fairfaxcounty.gov/parks/rec/Take12</a>			<b>Yoga</b> 6-7:25PM Rita CR1	<b>* indicates a new class</b> <b>⚡ Class in danger of cancellation due to            low attendance. Current month will run as            scheduled.</b> <b>√ See details in space above.</b>	
			<b>Zumba/WERQ</b> 8-8:55PM Ashley DR		

### Providence RECenter

7525 Marc Drive  
 Falls Church, VA 22042  
 703.698.1351  
 703.641.8672 (TTY)  
[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 [kimeshia.junkins@fairfaxcounty.gov](mailto:kimeshia.junkins@fairfaxcounty.gov)

DR=Dance Room, FS=Fitness Studio, CR1= Club Room 1, CR3= Club Room 3,  
 CR4=Club Room 4, CR5= Club Room 5



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](http://www.fairfaxcounty.gov/parks/ada.htm)

# Class Descriptions

## **30/30/30**

### **Cardio Sculpt, CXWORX, Pure Stretch**

30 min. of cardio/strength; 30 min. of core work involving all the muscles in the core; 30 min. of stretching all those tight muscles to improve your flexibility. You can pick and choose to take 1, 2, or all 3 classes.

### **Abs, Back, and Stretch**

If you think Pilates is too much, but like the idea of working the core muscle groups, then this class is for you! It focuses on trunk exercises to promote strength, flexibility, better posture, and good form.

### **Ab Attack**

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!

### **Barre Techniques**

Learn the secrets of a ballet body workout. Barre training is the hottest new fitness 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.

### **Cardio Sculpt**

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 Spln † (10)**

This cycling class is great for all levels of fitness! The instructor will call cues for both beginning and experienced

students. This invigorating class will allow the riders to judge for themselves how hard they feel like working. It's a terrific class for staying fit! Definitely bring a water bottle and towel to class.

### **Mix It Up**

A total body conditioning workout that includes, warm-up, stretching, muscular strengthening, endurance, joint integrity, and total body toning. Dumbbells, bands, and body bars may be used. All levels welcome.

### **Pilates**

A great beginner class that teaches fundamental concepts and basic movements of Pilates and may incorporate props. All levels welcome.

### **Silver Sculpt**

A total body toning workout geared toward those 50+ that includes a warm up, muscular strengthening, and stretching. Weights and other equipment may be used. All ages and levels welcome.

### **SS&T (Sculpt, Strengthen & Tone)**

General conditioning that includes an aerobic warm-up, stretching and total bodying toning. Dumbbells, bands, and balls may be used. All levels welcome.

### **Tai Chi**

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."

### **TRX Fundamentals † (7)**

Find out what suspension training is all about in this class that leverages gravity and your own bodyweight to perform endless combinations of exercises. The TRX suspension trainer builds a solid core, increases muscular endurance,

and delivers greater performance and functionality to all daily life activities. Proper set-up, exercise execution, and modifications will be taught.

### **TRX Fit † (7)**

Take the skills learned in the fundamentals class and put it all together for a great suspension training workout. Your body weight + the TRX straps = amazing results. You've never had so much fun while working out!

### **TurboKick**

This full body workout for all levels of fitness, uniquely blending intense intervals, easy-to-follow combinations, kickboxing specific strength/endurance training, and a mind/body cool down. Inspired by dance, Tae Kwon Do, boxing, tai-chi, and funk, this workout creates a party atmosphere with the hottest moves and music designed to maximize results while having fun!

### **VIBES**

High energy, high intensity dance workout. Find your groove or learn new moves while dancing to nightclub jams. Vibes is a fun, effective experience that delivers results!

### **Yoga**

In this beginner class to teach newcomers the fundamental concepts of yoga, basic postures and breathing techniques will be practiced. This class is excellent preparation for the Hatha Level I class. Please bring a sticky yoga mat to class.

### **Zumba**

Exercise your body and energize your soul in this exciting aerobics class format. Tone up as you get down with energetic Latin music, rhythms, and dance moves.

Please wear sneakers and comfortable clothing that allows free movement

† Class number is limited due to equipment available