



FEBRUARY 2017

DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TBC 8-8:55AM Marie	Mix It Up 9:30-10:25AM Lorrie	SS&T 9-9:55AM Christine	Barre Techniques 9:30-10:15M Brie	SS&T 9-9:55AM Christine	Turbo Kick 9-9:55AM Jenna
SS&T 9-9:55AM Christine	Abs, Back & Stretch 10:30-11:25AM Lorrie	Ab Attack 10-10:30AM Barry	SS&T 10:15-11:10AM Lorrie	Cycle Spin 10-10:45AM Sherry	Zumba 10-10:55AM Sandra
Ab Attack 10-10:30AM Barry	Yoga 11:35AM-1PM Shobha		Gentle Yoga 11:30AM-12:25PM Simona	Ab Attack 10-10:45AM Barry	Zumba 12-12:55AM Teresa
Zumba 12-12:55PM Sandra			Yoga 12:30-1:55PM Simona	Zumba 11-11:55AM Debora	
Pilates 1-1:55PM Alexis			TRX 2-2:45PM Christine	Gentle Yoga 1-1:55PM Hela	
<i>In a fitness rut? Need a little more motivation? Get started with a Personal Trainer today!</i>					Sunday
Cycle Spin 6-6:45PM Valerie		Intro Cycle Spin 6:00-6:45PM Karen	TRX Fundamentals 5:30-6:25PM Teresa	Yoga 2-2:55PM Hela	Tai Chi Guided Intro 12-12:55PM Richard
Yoga 7-8:25PM John	Zumba 8-8:55PM Chris	Zumba 7-7:55PM Marilyn	TRX Fit 6:30-7:25PM Teresa	Cycle Spin 6-6:45PM Debbie	Tai Chi Intro 1-1:55PM Richard
Zumba 7-7:55PM Ligia	CANCELLED FITNESS CLASSES Sat, December 24 th -Mon, December 26 th Sat, December 31 st and Sun, January 1 st		Yoga 6-7:25Pm Rita		Cardio Sculpt 2-2:55PM Richard
STEP 12 Being the Best YOU: Self-improvement never stops-attend a seminar, talk, workshop or read a book to improve your daily outlook. DID YOU SIGN THE PLEDGE? Make the MY HEALTHY YEAR commitment - pick up a pledge card at the front desk! www.fairfaxcounty.gov/parks/rec/Take12			Zumba 8-8:55PM Ashley	* indicates a change ⚡ Class in danger of cancellation due to low attendance. Current month will run as scheduled.	

Providence RECenter
 7525 Marc Drive
 Falls Church, VA 22042
 703.698.1351
 703.641.8672 (TTY)
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 Mary.Ghali@fairfaxcounty.gov.



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

Class Descriptions

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 †

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. (45 min.)

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.

SS&T (Sculpt, Strengthen & Tone)

General conditioning that includes an aerobic warm-up, stretching and total body toning. Light hand held weight may be used. Bring a mat and a towel to class.

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."

Total Body Conditioning-TBC

Get the results of a personal training session in a group setting. Improve agility, balance and coordination, while increasing muscular endurance and strength.

TRX Fit

Take the skills learned in the fundamentals class and put it all together for a great suspension training workout. Challenge your entire body with radically different perspectives on common exercises using unique, suspended positions. Your body weight + the TRX straps = amazing results. You've never had so much fun while working out!

TRX Fundamentals

Find out what suspension training is all about in this introductory class that leverages gravity and your own bodyweight to perform endless combinations of exercises. Great for all fitness levels, from athletes to seniors, the TRX suspension trainer builds a solid core, increases muscular endurance, and delivers greater performance and functionality to all daily life activities. You are in complete control by simply adjusting body posture to increase or decrease resistance. Proper set-up, exercise execution, and modifications will be taught.

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!

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.

† Class limited to the first 10 participants - check in at Front Desk *up to* 30 minutes before class.

Please wear sneakers and comfortable clothing that allows free movement.