




June 2017

DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SS&T 9-9:55AM Christine DR	Mix It Up 9:30-10:25AM Lorrie DR	SS&T 9-9:55AM Christine DR	Barre Techniques 9:30-10:15M Brie DR	SS&T 9-9:55AM Christine DR	*Yoga 8-8:55AM Susan CR1
Ab Attack 10-10:30AM Barry DR	Barre Techniques 9:30-10:15M Brie CR3	Ab Attack 10-10:30AM Barry DR	SS&T 10:15-11:10AM Lorrie DR	Cycle Spin 10-10:45AM Sherry FS	*Vibes 8-8:55AM Rachel DR
	Abs, Back & Stretch 10:30-11:25AM Lorrie DR	TASTE OF GROUP EXERCISE CLASSES COMING TO PROVIDENCE JUNE 5TH COME CHECK OUT SNIPPETS OF VARIOUS CLASS FORMATS TO SEE WHAT THEY'RE ALL ABOUT! 12:30-2:30PM & 5:30-7:30PM (20 min. each class) KEEP AN EYE OUT FOR DETAILS!	Pound 10:30-11:25AM Brie CR1	Ab Attack 10-10:45AM Barry DR	Turbo Kick 9-9:55AM Jenna DR
Zumba 12-12:55PM Sandra DR	*TRX 10:30-11:30AM Christine CR4		Gentle Yoga 11:30AM-12:25PM Simona DR	Zumba 11-11:55AM Debora DR	Zumba 10-10:55AM Sandra DR
Pilates 1-1:55PM Alexis DR	Pound 12:00-12:45PM Brie CR1		Yoga 12:30-1:55PM Simona CR5		
Cycle Spin 6-6:45PM Valerie FS	Yoga 11:35AM-12:35PM Shobha DR		TRX 2-2:45PM Christine CR4	Gentle Yoga 1-1:55PM Hela CR4	
<i>In a fitness rut? Need a little more motivation? Get started with a Personal Trainer today!</i>					Sunday
*Vibes 7-7:55PM Rachel CR4			TRX 5:30-6:25PM Teresa CR4	Yoga 2-2:55PM Hela CR4	Tai Chi Guided Intro 12-12:55PM Richard DR
Zumba 7-7:55PM Ligia DR	Zumba 8-8:55PM Chris DR	Zumba 7-7:55PM Marilyn CR4	*30/30/30 Cardio Sculpt, CXWORX, Pure Stretch 5:30-6:55PM Heather (DR)	Zumba 6-6:55PM Teresa DR	Tai Chi Intro 1-1:55PM Richard DR
Yoga 7-8:25PM John CR5	CANCELLED FITNESS CLASSES Monday, 6/12 – no Pilates at 1pm		Yoga 6-7:25Pm Rita CR1		Cardio Sculpt 2-2:55PM Richard
 <p>STEP 6: Take a Fit Family Adventure - No matter where you go, near or far, think of how to make your vacation active. Walk as much as you can and choose fresh foods whenever possible.</p> <p>www.fairfaxcounty.gov/parks/rec/Take12</p>			Zumba 8-8:55PM Ashley DR	* indicates a new class ✂ 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 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

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 Spin † (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.

Pound

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

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."

TRX † (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.

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!

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.

† Class number is limited due to equipment available – check in at Front Desk *up to* 30 minutes before class.

Please wear sneakers and comfortable clothing that allows free movement.