



# FEBRUARY

## SOUTH RUN RECENTER DROP-IN GROUP FITNESS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Basic Training cardio</b> 5:30-6:15am Kat 4	<b>Yoga</b> 7:30-8:25am Sima 1/2	<b>Cycle Spin</b> 5:30-6:25am Diane 3	<b>Basic Training</b> 5:30-6:15am Diane 4	<b>Cycle Spin</b> 5:30-6:25am Sarah 3
<b>Cycle Spin</b> 5:30-6:25am Sarah G 3	<b>Cycle</b> 9:30-10am Dawn 3	<b>Basic Training strength</b> 5:30-6:15am Kat 4	<b>Cycle Spin</b> 5:30-6:25am Shawna 3	<b>Balance Training</b> 7:00-7:25am Michaela 4
<b>Mix It Up</b> 8:00-8:45am Laurie 4	<b>Core</b> 10:10-10:40am Dawn 1/2	<b>Yoga</b> 7:30-8:25am Sima 1/2	<b>Core Conditioning</b> 7:30-7:55am Francesca 4	<b>Agility Training</b> 7:30-7:55am Michaela 4
<b>Cycle Spin</b> 9:00-9:55am Steve 3	<b>Body Sculpting</b> 10:00-10:55am Francesca A	<b>Core Conditioning</b> 7:30-7:55am Francesca 4	<b>Body Sculpting</b> 8:00-8:45am Francesca 4	<b>Yoga</b> 7:30-8:25am Sherri 1/2
<b>Dance Flow Belly Dance</b> 9:30-9:55am Francesca 4	10:45-11:40 am Kristie 4	<b>Mix It Up</b> 8:00-8:45am Francesca 4	<b>Cycle Spin</b> 9:00-9:55am Francesca 3	<b>Core Conditioning</b> 8:00-8:25am Michaela 4
<b>Barre Techniques + Core</b> 10-10:45am Francesca Core 10:30-10:45am A	<b>Pure Stretch</b> 11:00-11:25am Francesca A	<b>Cycle Spin</b> 9:00-9:55am Steve 3	8:55-9:50am Gail 4	<b>Cycle Spin</b> 9:00-9:55am Georgie G 3
10:00 - 10:55am Gail 4	<b>Basic Training (older adults)</b> Noon-12:55p Julie 4	<b>Basic Training (older adults)</b> 11:00-11:55am Julie 4	<b>Cardio Sculpt</b> 10:00-10:25am Dawn A	9:00 - 9:55am Gail 4
	<b>Pure Stretch</b> 1:00-1:25pm Julie 4	<b>Walleyball</b> 11:00am-1:00pm	<b>Core Conditioning</b> 10:25-10:50am Dawn A	<b>Basic Training (older adults)</b> 11:00-11:55am Gail 4
<b>Basic Training (older adults)</b> 11:00-11:55am Gail 4			<b>Pure Stretch</b> 10:50-11:15am Dawn A	<b>Gentle Aerobics</b> Noon-12:55pm Gail 4
<b>Gentle Aerobics</b> Noon-12:55pm Gail 4	<b>Pilates</b> 2:30-2:55pm Deborah A	<b>Senior Chair Fitness</b>	<b>Yoga</b> 11:00-11:55am Kat 4	
	<b>Tai chi</b> 3:00-3:25pm Deborah A	<b>Gentle Aerobics</b> Noon-12:55pm Julie 4	12:15 - 1:10 pm Kristie 4	<b>Cycle Spin</b> 6:30-7:25pm Dempsey 3
12:45-1:40pm Kristie A	<b>Senior yoga</b> 3:30-3:55pm Deborah A	<b>Pure Stretch</b> 1:00-1:25pm Julie 1/2	<b>Basic Training (older adults)</b> 2:30-3:15pm Gail 4	<b>Adaptive Pilates</b> 6:30-7:25pm Deborah 4
			<b>Barre Techniques</b> 6:00-6:25pm Laurie 1/2	<b>Zumba</b> 7:30-8:25pm Deborah 4
		<b>Balance Training</b> 5:00-5:25pm Michaela 1/2	<b>Pilates</b> 6:30-6:55pm Laurie 1/2	<p>NEW YEAR NEW YOU!</p> <p>TAKE THE PLEDGE! Step 2: Be an Active Family Stating is the hardest part when it comes to being physically active. Encourage family to be more active by bumping up time, frequency or workout duration.</p>
<b>Yoga</b> 5:00-5:55pm Sandy A	<b>Cycle Spin</b> 6:30-7:25pm Dawn 3	<b>Core Conditioning</b> 5:30-5:55pm Michaela 1/2	<b>Core Conditioning</b> 6:30-6:55pm Anne A	
<b>Cycle Spin</b> 6:30-7:25pm Dempsey 3	7:30-8:25pm Toni 1/2	<b>Agility Training</b> 6:00-6:25pm Michaela A	<b>Cycle Spin</b> 6:30-7:25pm Paula 3	
<b>Dance Flow</b> 8:00-8:55pm Anne 4	<b>Yoga</b> 8:00-8:55pm Brenda A	<b>Cycle Spin</b> 6:00-6:55pm Sarah 3	<b>Step + weights fusion</b> 7:00-7:55pm Anne 4	
<b>SCHOOL YEAR CHILDCARE</b> Tuesday Thursday 6:00pm-8:30pm Tuesday Thursday Friday 9:00am-12:30pm		* indicates a change ⚡ Class in danger of cancellation: low attendance. This month will run as usual.	<b>Yoga</b> 8:00-8:55pm Sherri St A	
			8:00 - 8:25pm Anne 4	
			<b>Cardio Sculpt</b> 8:30-9:00pm Anne 4	



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)

SATURDAY	
<b>Cycle Spin</b> 6:30-7:25am Tracy 3	
<b>Core Conditioning</b> 7:30-7:55am Anne 4	
<b>Cardio Sculpt</b> 8:00-8:25am Anne 4	
<b>Step Challenge</b> 8:30-8:55am Anne 4	
<b>Cycle Spin</b> 9:00-9:55am Georgie 3	
<b>Power barbell training</b> 9:00-9:55am Dawn A	
 <b>ZUMBA</b> 9:00-9:55am Anne 4	
<b>Cycle Spin</b> 4:30-5:25pm Mike 3	
SUNDAY	
<b>Cycle Spin</b> 8:00-8:55am Ellen 3	
<b>Barre Techniques</b> 8:00-8:25am Anne 4	
<b>Core Conditioning</b> 8:30-8:55am Anne 4	
<b>Step Challenge</b> 9:00-9:55am Anne 4	
<b>Cycle Spin</b> 9:05-10:00am Tracy 3	
 <b>ZUMBA</b> 10:00-10:55am Anne 4	
<b>Abs, Back, and Stretch</b> 11:00-11:55am Maria ½	
<b>Meditation</b> Noon-12:55pm Maria 1/2	
 <b>ZUMBA</b> 2:30-3:25pm Toni A	
 <b>LES MILLS BODYPUMP</b> 4:15-5:10pm Francesca 4	

## South Run RECenter

7550 Reservation Drive  
Springfield, VA 22153  
703.324.9243  
703.803.3354 (TTY)

[www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

Classes are included with RECenter membership. Non-members pay general admission. Be prepared to show proof of county residency and/or student ID for discounts. Calendar is subject to change. Fitness Director [laurie.strickland@fairfaxcounty.gov](mailto:laurie.strickland@fairfaxcounty.gov).

### Abs, Back, and Stretch

Pilates too much? Then this class is for you! It focuses on trunk exercises to promote strength, flexibility, better posture and good form.

### Agility training

This class uses drills to help you learn to move in different directions which helps improve coordination, movement and performance.

**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 Barre.

**Balance Training-** this class can help you improve coordination, balance and performance while reducing injury risk using fitness tools specifically designed to help improve balance.

**Basic Training** This class is a physically challenging workout with military-style design to tone and strengthen both body and mind, using a combination of calisthenics, floor exercises, and drills. It's the ideal workout for the intermediate to advanced exercise participant who wants to mix things up.



LES MILLS **BODYPUMP** is the original barbell class that strengthens your entire body. Challenge all major muscle groups by using weight-room exercises, like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results. To see a complete list of BodyPump registration (fee-based) classes visit [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)



Punch and kick your way to fitness, burning lots of calories. This high-energy martial-arts inspired workout is totally non-contact with no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. Release stress, have a blast and feel like a champ.

**Body Sculpting** A lighter total body workout open to all levels of participants, this class focuses on general muscle conditioning using a variety of equipment.

**Cardio Sculpt-** This class focuses on cardiovascular exercises with small segments of body sculpting interwoven throughout for variety. What a great way to stay in shape and beat exercise boredom while introducing something new to your current workout.

**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!

**Cycle Spin-** Come join indoor cycling and get rolling! It's an invigorating workout great for everyone, allowing riders to work at their own pace, whether beginner, intermediate, or advanced. Water bottle and towel are necessary.

**Dance Flow** Discover the dancer inside yourself with this fun workout for body, mind, and spirit. You will enjoy being led on a movement journey through both world and popular music to inspire passion and joy in everyone! No dance experience is necessary.

### Gentle Aerobics

Take a class that is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping-great for anyone and everyone! This class may include light body sculpting with hand weights or floor work.

**Meditation-** Enjoy this simple introduction to meditation for beginners. Learn how to release tension, relax the body, and accept or change negative emotions to create a greater sense of well-being and joy. Students will practice focusing the mind to increase concentration and to develop self-awareness. Find your connection to inner peace in this class.

**Mix It Up-** Fight fitness boredom and get out of that exercise rut with a class that mixes cardiovascular training, body sculpting, and stretching. Check out all the different fitness equipment. All levels of fitness enthusiasts welcome.

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

**Power barbell training** Use a plate loaded bar to develop core, balance, symmetry and muscle definition like never before. Use light weights and high reps for a great effective workout.

**Pure Stretch** Work on flexibility- a much needed and often overlooked component of overall fitness- in a class which focuses on stretching every major muscle group for stress and pain reduction as well as injury prevention.

**Senior Chair Fitness-** Try this seated class with strength exercises and flexibility. Work coordination and just have fun.

**Senior Yoga** A beginner class that's slower and gentler to teach 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.

### Step Challenge

Pick up the pace a bit! This beginner to intermediate step class offers creative, slightly more challenging step combinations to provide an exciting workout for the mind and the body.

**Tai Tai Chi Basics** Learn the ancient art and practice of Tai Chi in a giving environment. You will be guided through a series of flowing movements to improve posture, build balance, and to increase mental and physical strength. All fitness levels are welcome, as this class is excellent preparation for Tai Tai Chi I.

**Walleyball** This awesome sport adds a whole new dimension to the exciting game of volleyball. Featured in a racquetball court, with the element of surprise as an ordinary volley can go a whole new direction.

**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.



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.



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