



DECEMBER



SOUTH RUN RECENTER DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	
Basic Training cardio 5:30-6:15am Kat 4	Yoga 7:30-8:25am Sima 1/2	Cycle Spin 5:30-6:25am Diane 3	Basic Training 5:30-6:15am John 4	Cycle Spin 5:30-6:25am Sarah 3	
Cycle Spin 5:30-6:25am Sarah G 3		Basic Training strength 5:30-6:15am Kat 4	Core Conditioning 7:30-7:55am Francesca 4	Balance Training 7:00-7:25am Michaela 4	
Kettlebell 8:00-8:45am Laurie 4	Core 8:50-9:45am Dempsey A	Yoga 7:30-8:25am Sima 1/2	Body Sculpting 8:00-8:45am Francesca 4	Agility Training 7:30-7:55am Michaela 4	
Cycle Spin 9:00-9:55am Steve 3	Cycle 10:00-10:45am Dempsey 3	Core Conditioning 7:30-7:55am Francesca 4	Cycle Spin 9:15-10:00am Kat 3	Yoga 7:30-8:25am Sherri 1/2	
Dance Flow Belly Dance 9:00-9:45am Francesca 4	Body Sculpting 10:00-10:55am Francesca A	Mix It Up 8:00-8:45am Francesca 4	8:55-9:50am Gail 4	Core Conditioning 8:00-8:25am Michaela 4	
Barre Techniques + Core 10-10:45am Francesca Core 10:30-10:45am A	Kickboxing 11:00-11:55 am Akisha 4	Cycle Spin 9:00-9:55am Steve 3	* Cardio Sculpt 10:00-10:25am Laurie A NO CLASS 12/28	Cycle Spin 9:00-9:55am Georgie G 3	
10:00 - 10:55am Gail 4	Pure Stretch 11:00-11:25am Francesca A	TRX Fit 9:00-9:55am Linda CR 4	* Core + Stretch 10:25-10:50am Laurie A NO CLASS 12/28	9:00-9:55am Gail 4	
Basic Training (older adults) 11:00-11:55am Gail 4	Dance Flow Belly Dance 11:30-11:55am Francesca A	Basic Training (older adults) 11:00-11:55am Julie 4		10:00-10:55am Rebecca & Amy A NO CLASS 12/8&29	
Gentle Aerobics Noon-12:55pm Gail 4	Basic Training (older adults) Noon-12:55p Julie 4	Walleyball 11:00am-1:00pm	* Yoga 11:00-11:55am Deb NO CLASS 12/14&21 & 1/4	Basic Training (older adults) 10:00-10:55am Gail 4	
1:05—2:00pm Gail A	Pure Stretch 1:00-1:25pm Julie 4	Gentle Aerobics Noon-12:55pm Julie 4	12:00 – 12:55pm Akisha 4	Gentle Aerobics 11:00-11:55am Gail 4	
-TOYS FOR TOTS ENDS 12/12 -FT BELVOIR USO/ECHO FOOD/TOILETRY ENDS 12/16 12/24 5a-NOON 12/25 CLOSED 12/31 5a-4p 1/1 10a-6p	Pilates 2:30-2:55pm Deborah A	Pure Stretch 1:00-1:25pm Julie 4	Basic Training (older adults) 2:30-3:15pm Gail 4	Pilates 2:30-2:55pm Deborah A	
	Tai chi 3:00-3:25pm Deborah A		*6-6:55pm Akisha A CANCELLED RETURNS JAN	Tai chi 3:00-3:25pm Deborah A	
	Senior yoga 3:30-3:55pm Deborah A		* indicates a change ✂ Class in danger of cancellation: low attendance. This month will run as usual.	Barre Techniques 6:00-6:25pm Laurie 1/2	Senior yoga 3:30-3:55pm Deborah A
				Pilates 6:30-6:55pm Laurie 1/2	Cycle Spin 6:30-7:25pm Dempsey 3
				Core Conditioning 7:00-7:25pm Anne 4	#12 Give and Serve! You can be of great service to your community by giving your time and skills to charitable causes.
				Cycle Spin 6:30-7:25pm Paula 3	
* YOGA CANCELLED 12/11 through DEC WILL RETURN JAN 5:30-6:25pm Teresa A	Cycle Spin 7:00-7:55pm Paula 3	* Pilates 7:00-7:55pm Christine A CANCELLED DEC RETURNS JAN THURS 8PM	Step 7:30-7:55pm Anne 4		
6:30-7:25pm Akisha 1/2	7:30-8:25pm Chris 1/2	SCHOOL YEAR CHILDCARE Tuesday Thursday 6:00pm-8:30pm Tuesday Thursday Friday 9:00am-12:30pm	* YOGA CANCELLED 12/14 through DEC WILL RETURN JAN 7:00-7:55pm Teresa A		
Cycle Spin 6:30-7:25pm Dempsey 3	Yoga 8:00-8:55pm Brenda A		Cardio Sculpt 8:00-8:25pm Anne 4		
Dance Flow 8:00-8:55pm Anne 4			8:30-:55pm 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

NEW

SATURDAY	
Cycle Spin 6:30-7:25am Tracy 3	
Ultimate Frisbee 8:00 am Outside field next to basketball court	
Core Conditioning 7:30-7:55am Anne 4	
Cardio Sculpt 8:00-8:25am Anne 4	
 8:00-8:55am Akisha A 1 st & 3 rd Saturday	
Step Challenge 8:30-8:55am Anne 4	
Cycle Spin 9:00-9:55am Georgie 3	
 9:00-9:55am Natalie A	
 9:00-9:55am Anne 4	
SUNDAY	
Cycle Spin 8:00-8:55am Ellen 3	
Barre Techniques 8:00-8:25am Anne 4	
Core Conditioning 8:30-8:55am Anne 4	
Step Challenge 9:00-9:55am Anne 4	
Cycle Spin 9:05-10:00am Tracy 3	
 10:00-10:55am Anne 4	

South Run

RECenter

7550 Reservation Drive
Springfield, VA 22153
703.324.9243/703.866.0566
703.803.3354 (TTY)

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

703.324.9243

Agility training 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- helps you improve coordination, balance and performance while reducing injury risk using fitness tools specifically designed to help improve balance.

Basic Training is a challenging workout with design to tone and strengthen both body and mind, using a combination of calisthenics, floor exercises and drills. It's the ideal workout for kids/family (Sunday) and the intermediate to advanced exercise participant who wants to mix things up.

 the original barbell class that strengthens 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

 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- 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- emphasizes sculpting and strengthening the trunk with its major muscle groups-feel your abs, glutes, hip, back and chest 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 is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping-great for everyone! This class may include light body sculpting with hand weights or floor work.

Kettlebell training is an excellent way to burn fat while building strength and power with just the right amount of controlled, explosive movement. Learn how to safely execute kettlebell technique and how to make appropriate modifications that will work every major muscle group in the body. The workout is comprehensive, fun, and much different than your regular weight training routine.

Kickboxing Learn skills needed to ensure your confidence and success in any kickboxing class. Kicks and punches will be demonstrated and practiced with modifications.

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.

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 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 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 levels welcome; this class is preparation for Tai Chi I.

TRX Fit Take the skills learned in the fundamentals class and put it all together for a great suspension training workout. Challenge your body with radically different perspectives using unique, suspended positions. Your body weight + the TRX straps = amazing results.

Ultimate Frisbee or Ultimate Get your cardio in with an all level non-contact team sport played by players with a flying disc.

Wallyball 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 teaches 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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