



Audrey Moore RECenter


DROP-IN GROUP FITNESS SCHEDULE (XYO)

eXercise Your Options



February 2012

These classes are FREE with your Fairfax County Park Authority RECenter Pass. If you do not have a pass, a \$7.40 in-county general admission fee (\$9.90 non-county) will be charged at time of admission. You can also view this calendar online: <http://www.fairfaxcounty.gov/parks/rec/calendars/wakefit.pdf>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sculpt Strength Tone 9-9:55am Edie Club Room I/II	Cycle Spin 6-6:45am Hank Spin Room	Cycle Challenge – NEW! 6-6:55am Jeff Spin Room	Cycle Spin 6-6:45am Hank Spin Room	TRX Techniques 9-9:25am Laura Gym 1
Cardio Sculpt 9-9:55am Ria Dance Room	Cycle Challenge 9-9:55am Steve Spin Room		TRX EXPRESS (\$\$) 9a – 9:45am Jarrett Gym 1	
Gentle Cardio 10-10:55am Meredith Club Room I/II	100% Step 9 – 9:55am Ria Dance Room	Hi/Lo 9-9:55am Ria Dance Room	Cycle Challenge 9-9:55am Steve Spin Room	Abs, Back and Stretch 10-10:55am Maria Club Room I/II
Pump Plus 10-10:55am Ria Dance Room	Abs, Back & Stretch 10-10:55am Ria Club Room I/II	Yoga Basics 9-9:55am Ronni Club Room I/II	Dance Sweat Move (Latin Style) – NEW! 9-9:55am Ria Dance Room	Gentle Cardio 10-10:55am Meredith Dance Room
Cycle Spin 12-12:45pm Jill Spin Room	TRX Techniques 12pm-12:30pm Jarrett Gym 1	Gentle Cardio 10-10:55am Meredith Club Room I/II	Yoga Basics – NEW!! (starts 2/9) 9:30a-10:25am Ronni Club Room I/II	Meditation Basics 11-11:55am Maria Club Room I/II
		Pump Plus 10-10:55am Ria Dance Room	Fit to the Core 10-10:55am Ria Dance Room	Cycle Spin 12-12:45pm Bob L. Spin Room
Cycle Challenge 6-6:55pm Hank Spin Room		Cycle Spin 12-12:45pm Bob L. Spin Room	Pump Plus 5-5:55pm Megan Dance Room	Cycle Spin 5:30-6:15pm Zak Spin Room
Cardio Kick Mix 6-6:55pm Megan Dance Room	Pump Plus 5-5:55pm Megan Dance Room	Fit to the Core 5:30-5:55pm Megan Dance Room	Mix It Up - Weight 6-6:55pm Jarrett Club Room 5	Yoga Basics – NEW! 6-6:55pm Julie Club Room I/II
100% Step 7-7:55pm Julie Club Room I/II	Cycle Spin 6-6:45pm Zak Spin Room	Yoga Basics 6 – 6:55pm JK Club Room I/II	Cycle Challenge 6-6:55pm Zak Spin Room	Take12 for February 2012 <i>Become Water Conscious for Your Health and Environment</i> Drink 64 oz. (8 cups) of water per day to ensure healthy hydration. Invest in a reusable water bottle to save money and the environment. 
Power Yoga Basics 8-8:55pm Peter Club Room 5	Mix It Up – Cardio – NEW!! 6-6:55pm Jarrett Club Room 5	Cycle Challenge 6:30-7:25pm Hank Spin Room	PiYo – NEW! (limited time only - will become registered class) 6:30-7:25pm Vanessa Club Room I/II	


Parent's Night Out
Friday, February 10th, from 6pm – 9pm
3 hours of fun and fitness! Check with the front desk for more information!!

Winter Registered classes have started. ☺ Check out our schedule for Spring!!!

Hip Hop Hustle
7:30-8:25pm
Vanessa Club Room I/II

Presidents Weekend is Friday, February 17 – Monday, February 20th. Classes will be held as regularly scheduled.

Ready, Set, Go – Fairfax County Park Authority presents Healthy Strides Community 5K, 10K and Fun Run at Burke Lake on April 28th, 2012. Ask the front desk for more details!



Calendar is subject to change and the instructor availability.


Join Mike on the 19th for a longer ride! 2hrs!!

Partner Month



Looking to train with a friend, family member or significant other?! We have partner and group personal training available. Ask the fitness staff or the front desk for more details!

WEEKEND SCHEDULE

SATURDAY	SUNDAY	<p><i>Feeling lost or goofy in your group exercise class? Did you know that you can get extra help with skills and/or strength outside of class with a Personal Trainer? YOU CAN! Individual and Small Group Training is available for work on Pilates, Yoga, Strength exercises & more! See the front desk for more information.</i></p> <p>Have questions, comments, concerns or suggestions? Please contact the Fitness Director : Megan Hare 703-321-7081 x 211 Megan.hare@fairfaxcounty.gov</p> <p>Audrey Moore RECenter 8100 Braddock Rd, Annandale, VA 22003 Also visit us on the web: www.fairfaxcounty.gov/parks</p> <p>RECenter Hours of Operation Mon – Fri 5a – 10p Sat 7a – 8p Sun 8:30a – 9p</p>
<p>Cycle Spin 6:30-7:15am Hank Spin Room</p>	<p>Cycle Challenge 8:45-9:40am Mike Spin Room * 2 hr ride on 2/19 *</p>	
<p>Cycle Challenge 7:30-8:25am Jeff Spin Room</p>	<p>Yoga Basics 9-9:55am Kim Club Room I/II</p>	
<p>Cycle Challenge 9-9:55am Jill Spin Room</p>	<p>Cycle Spin 10-10:45am Mike Spin Room</p>	
<p>Total Tone and Core 9:15-10:00am Phyllis/Kathy Dance Room</p>	<p>Cycle Spin 4-4:45pm Debbie Spin Room</p>	
<p>Cardio Kick Mix 10-10:55am Phyllis/Megan Club I/II</p>		

Class Descriptions

100% Step/Double Step

This is an invigorating class that will involve nothing but step aerobics from start to finish. Use of 2 steps for double step. No weight training will be done. (55 min.)

Abs, Back & Stretch

If you thought Pilates was too much, but liked the idea of working your core muscle groups then this is your class! Abs, Back & Stretch focuses on exercises for the core muscles to help promote strength, flexibility, better posture and form. (55 min.)

Basic Training

Fun physical training that includes a combination of calisthenics, floor exercises, and strength and cardio training exercises to increase your level of fitness (55 min). Come challenge yourself and get a great workout!

Cardio Kick Mix

Punch, kick and jab your way through an action packed workout! Kickboxing patterns, cardio intervals and core training can give you an intense calorie burn. All levels welcomed. (55 min.)

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! (55 min.)

Cycle Challenge

Just like cycle spin, but longer. Bring two water bottles instead of one! Guaranteed to make you sweat! (55 min.)

Cycle Spin

This cycling class is great for all levels of fitness! The instructor will call cues specifically for beginners and those who are advanced. This invigorating class will allow the riders to judge for terrific class for staying fit! Water bottles are necessary for this class. (45 min.)

Dance, Sweat, Move (Latin Style)

Looking to have a great time dancing and sweating to great music? Come out to this class and make it your own! (55 min.)

Fit to the Core

Strengthen your core of power for improved posture and alignment. Exercises in this class focus on abdominal, lower back, and gluteal muscles. All levels welcomed. Balls and bands may be used. (25 or 55 min.)

Gentle Cardio

Do you want a class with less stress on your joints? Then try our low-impact class that offers an exciting moderate intensity aerobic workout with less joint stress than traditional aerobics. This class may include work with weights. (55 min.)

Hi/Lo

Have it your way with this awesome workout that allows you to choose as you go between high and low aerobics. (55 min.)

Hip Hop Hustle

This class is a combination of easy to learn dance moves perfectly choreographed to high energy and motivating music. It is the ultimate cardiovascular challenge and requires no previous dance experience. All levels welcome (55min)

Meditation Basics

Learn how to release tension and relax the body. You'll experience a sense of well-being focusing the mind for increased concentration, self-awareness and inner peace. (55 min.)

Mix It Up

Fight fitness boredom in this class that mixes cardiovascular training, strength training, and stretching. Check out all of our equipment, including rubber resistance, stability balls, dumbbells, and BOSUs. This class is based on the instructor's choice of fun! All levels. (55min)

PiYo

PiYo is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the

principles of stretch, strength training, conditioning and dynamic movement. During a PiYo class, you will find yourself standing in a yoga pose one minute, and down on the floor in a Pilates pose the next! All levels welcome.

Power Yoga Basics

This technique class introduces you to power yoga poses and postures and prepares you for level 1 classes. All levels. (55 min)

Pump Plus

This class is designed to improve muscular endurance, strength, definition and tone. A fast paced high energy workout using a barbells, bands, steps and plyometrics that will burn fat while increasing your metabolic rate. All levels. (55 min)

Sculpt, Strength & Tone

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

Total Tone and Core

This low impact class uses weights, bands, balls and your body's own resistance to shape and define major muscle groups in your arms, legs, torso, core and hips. You will see and feel results!

TRX Express (\$\$ - denotes a \$12 charge)

Get a power-packed workout on the TRX Suspension system and make your body, your machine. Sign up required at the Front Desk. 6 participant maximum. Bring towel and water bottle. (45 mins)

TRX Techniques

Learn the TRX lingo with this introductory class! Participants will learn safety, body alignment, and proper execution of exercises on the TRX. Class will be hands on, learning environment. No sign up required. (30 mins)

Yoga Basics

A beginner class to teach newcomers yoga fundamentals. (55 min)



If ADA accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354