



# January 2017

## AUDREY MOORE RECENTER DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5:30am – 6:25am Courtney/DR</p>	<p><b>Cycle Spin</b> 6am – 6:45am Hank/SS</p>	<p><b>P90X</b> 6am – 6:55am Sharon/DR</p>	<p><b>Cycle Spin</b> 6am – 6:45am Hank/SS</p>	<p><b>P90X</b> 6am – 6:55am Sharon/DR</p>
<p><b>P90X</b> 6am – 6:55am Sharon/Club Room I/II</p>		<p><b>Yoga</b> 9am – 9:55am Sandra/Club Room I/II</p>	<p>6am – 6:55am Wendy/DR</p>	<p><b>Cycle Challenge</b> 6am – 6:55am Shawna/SS</p>
<p><b>Pilates</b> 8am – 8:55am Edie/Club Room I/II</p>	<p>9am – 9:55am Millie/DR</p>	<p><b>Hi/Lo</b> 9:30am – 10:25am Michelle/DR</p>		<p><b>Foam Roll Stretch</b> 9am – 9:55am Jeff/Club Room I/II</p>
<p><b>Sculpt Strength Tone</b> 9am – 9:55am Edie/Club Room I/II</p>	<p><b>Cycle Spin</b> 9am – 9:45am Val/SS</p>	<p><b>Hi/Lo</b> 10am – 10:55am Meredith/Club Room I/II</p>	<p><b>Cycle Spin</b> 9am -9:45am Val/SS</p>	<p><b>Total Tone and Core</b> 9:30am – 10:25am Michelle/DR</p>
<p><b>Cardio Sculpt</b> 9:30am – 10:25am Michelle/Dance Rm.</p>		<p><b>Core Conditioning</b> 10:30am – 11:25am Michelle/DR</p>	<p>9:30am-10:25am Julie W/DR</p>	<p><b>Gentle Cardio</b> 10am – 10:55am Meredith/Club Room I/II</p>
<p><b>Gentle Cardio</b> 10am – 10:55am Meredith/Club Room I/II</p>		<p><b>Cycle Spin</b> 12pm – 12:45pm Zak/SS</p>		<p><b>Pilates</b> 10:30am – 11:25am Michelle/DR</p>
<p><b>Cycle Challenge</b> 10am – 10:55am Julie W/SS</p>	<p><b>Please don't enter class 15 mins after its start time.</b></p>		<p><b>Body Sculpt</b> 5:15pm – 6:10pm Laurie/DR</p>	<p><b>Cycle Spin</b> 12:15pm – 1:10pm Jeff/SS</p>
<p><b>Abs Back Stretch</b> 10:30am – 11:25am Michelle/Dance Rm</p>	<p><b>Barre Techniques</b> 5:15pm-5:45pm Julie W/DR</p>		<p><b>Cycle Challenge</b> 6pm – 6:55pm Zak/SS</p>	
	<p><b>Pilates</b> 6pm-6:55pm Julie W/DR</p>	<p><b>Yoga</b> 6pm – 6:55pm JK/CR II</p>	<p><b>Mix It Up - Cardio</b> 6:15pm – 7:10pm Laurie/DR</p>	<p>7pm – 7:55pm Meetra/DR</p>
<p>6pm – 6:55pm Jenna/DR</p>	<p><b>Cycle Challenge</b> 6pm – 6:55pm Zak/SS.</p>	<p><b>Cycle Challenge</b> 6:30pm – 7:25pm Hank/SS</p>	<p>7:15pm – 8:10pm Julie A. / SS</p>	<p><b>Yoga</b> 6pm – 6:55pm Julie/CR II</p>
<p><b>Cycle Challenge</b> 6pm – 6:55pm Hank/SS</p>	<p>7pm – 7:55pm Courtney/DR</p>	<p>7:15pm – 8:10pm Meetra/DR</p>	<p><b>New Year's Holiday Weekend Schedule:</b>  <b><u>New Years Day – Sun 1/1/17</u></b>  <b>10am BodyPump with Wendy (DR)</b>  <b><u>Monday 1/2/17</u></b>  <b>9:30am Cardio Sculpt with Michelle (DR)</b>  <b>10:30am Abs Back and Stretch with Michelle (DR)</b></p>	
<p>7pm – 7:55pm Meetra/DR</p>	<p>7:15pm – 8:10pm Wendy / SS</p>	<p>* indicates a change   Class in danger of cancellation due to low attendance.</p>	<p><b>JOIN US FOR A FREE LAUNCH!!!!</b></p> <p><b>Release 100 is coming at you!</b>  <b>Sign up through Megan (phone or email) to reserve your spot!</b>  <b>First come first serve!!</b>  <b>Saturday, January 14<sup>th</sup> at 8am</b>  <b>Or</b>  <b>Tuesday, January 17<sup>th</sup> at 7pm</b></p>	
	<p>STEP 1: Start Together, Stay Together: Come up with a plan for eating healthfully and exercising together on a regular basis! DID YOU SIGN THE PLEDGE? Make the MY HEALTHY YEAR commitment – pick up a pledge card at the front desk!  <a href="http://www.fairfaxcounty.gov/parks/rec/Take12">www.fairfaxcounty.gov/parks/rec/Take12</a></p>			
		<p><b>Current month will run as scheduled.</b></p>		



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)

<b>Saturday</b>
<b>Cycle Challenge</b> 7a– 7:55am <i>Hank/SS.</i>
<b>Cycle Challenge</b> 9a– 9:55am <i>Jill/SS.</i>
<b>Total Tone Core</b> 9a– 9:55am <i>Kathy/DR</i>
 10a– 10:55am <i>Fran/CR I/II</i>
<b>Sunday</b>
<b>Ab Attack</b> 8:30am – 8:55am <i>Stacey/DR</i>
 9m – 9:55am <i>Stacey/DR</i>
<b>Cycle Challenge</b> 9a– 9:55am <i>Mike/SS.</i>
<b>Yoga</b> 9am – 9:55am <i>Julie W/CR II</i>

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**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 the Fitness Director at [megan.hare@fairfaxcounty.gov](mailto:megan.hare@fairfaxcounty.gov)**

#### **Class Descriptions**

**Please wear comfortable clothing and shoes that allow movement.**

#### **Ab Attack**

The fastest way to get it done is with thirty minutes of innovative abdominal and back exercises to strengthen, stabilize and define the torso. This class is a great complement to any cardio workout.

#### **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.

#### **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 workout.

#### **Body Sculpting/Total Tone Core/Sculpt Strength Tone**

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

#### **BodyPump**

BodyPump is the original barbell class that strengthens your entire body. Challenge all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for and fast!

#### **Cardio Sculpt**

This class focuses on cardiovascular exercise 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 major muscle groups – feel your abs, glutes, hips, back and chest muscles like never before using balls, the BOSU, body bars and mat.

#### **Cycle Challenge**

This ride is a higher intensity, longer version (55 min.) of Cycle Spin that will truly challenge your cardiovascular system and help improve endurance. The class is designed for fit individuals who want to take their spin workouts to another level.

#### **Cycle Spin**

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.)

#### **Gentle Cardio**

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 at the end.

#### **Hi/Lo Aerobics**

You will sweat, laugh, and smile your way through this energetic class with great music designed for all fitness levels.

Traditional high/low aerobics will improve reaction time, agility, coordination, and cardiorespiratory function—besides all that, it's just plain FUN!

#### **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.

#### **P90X**

P90X is a comprehensive program that consists of intense workouts; including resistance, body-weight, plyometrics, ab work, martial arts, stretching, and yoga training. Based on the science of Muscle Confusion, the structure and variety of P90X ensures that participants never plateau and can achieve results.

#### **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**

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!

#### **Turbo Kick**

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.

#### **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.