

Schedule

7:15-8:00	Check In
8:20-8:25	Introduction/Trail Rules
8:30-9:20	Looped Trail Run
9:40-10:10	Extreme Step Challenge
10:10-10:20	Break
10:30-12:10	Class Sampler
12:10-12:30	Group Stretch and Wrap Up
12:30 -.....	Open Swim

Rules/Info

- There are no refunds for this event.
- There is no bag drop/storage area for bags, clothes, etc. Lockers are available in the locker rooms for \$.25 each. Mt. Vernon RECenter is not responsible for lost or stolen items.
- Event is limited to 60 participants. Event and choice of classes is available on a first come, first serve basis.
- Please dress accordingly. The trail run will take place rain or shine (Extreme weather exception— final decision made day of).
- Must be at the start of the Extreme Step Challenge to participate. No exceptions.

Pricing

- \$5.00 flat fee, no matter how many events you participate in.

Questions?

Please contact Josh Colman,
Trina Taylor, or Mary Malof at
703-768-3224

Healthy Heart Pass Sale

Jan 1 - Feb 14
14-17% Off



2017 Belle View Blvd

Alexandria, VA 22307

703-768-3224

Mount Vernon RECenter has a 25-meter heated indoor pool with poolside spa, a beach area with play features, locker rooms with showers and sauna, fitness center with Cybex VR2 equipment, pro shop items for sale, dance room, multi-purpose rooms and a year-round 200 foot by 85 foot indoor ice arena.



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

Mt. Vernon RECenter

Get

Fit

Challenge



Sunday, January 16

\$5

Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

Age: _____

Member #: _____

Please let us know if you plan to participate in...

8:30-9:20 Looped Trail Run

9:40-10:10 Step Challenge

Now, let us know which classes you prefer to sample. Choose one for each timeframe...

10:30-10:55
(choose one)

Zumba

Mix It Up

Spin Cycle

10:55-11:20
(choose one)

Zumba

Yoga

Spin Cycle

11:20-11:45
(choose one)

Shallow/Deep

Core

Power Pump

11:45-12:10
(choose one)

Power Finning

Pilates

Power Pump

Events/Activities

Cost is \$5-Register at Mt. Vernon RECenter

Looped Trail Run

8:30-9:20

Get your legs moving and warm up during our



looped trail run through the Mt. Vernon property. Course will be 1 mile long. How many laps can you do in 50 minutes? Remember to pace yourself, this is just the beginning! (*Prepare to run-rain or shine. Cancelled only in

extreme weather conditions.*)

✂ (Detach here)

Extreme Step Challenge

9:30-10:00

No relaxing for all you Rocky wannabe's as we prepare for part 2 of our Get Fit Challenge. Step up and join us with a fun competition. Can you keep stepping on our benches for 30 minutes straight? Don't worry, it's break time after this!



Class Sampler

10:30-12:10

Power Pump- Designed to improve muscular endurance, strength, definition and tone. A fast paced high energy workout using a barbell system burns fat while increasing metabolic rate.

Mix It Up- It's an instructor's choice for a fun yet challenging total body workout. This class may include everything from step, to muscle toning, to aerobics.

Cycle Spin- Take your ride inside! Our instructors will take you through variable speeds and resistance levels for a great endurance workout.

Core Conditioning- Focus on improving flexibility & abdominal strength.

Pilates- Practice a classical sequence of exercises based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body.

Yoga- Learn basic yoga postures as you gain more strength and flexibility, while using different breathing techniques.

Zumba- Join the latest in fitness, dance and fun. Dance themes combined with dynamic music turn fitness into a party. Maximize caloric output and tone your body.

Shallow/Deep Combo- You'll use resistance equipment and floatation devices in a mix of shallow and deep water exercises.

Power Finning- Enhance cardiovascular fitness while strengthening and toning muscles. Held in deep end of pool.