



July 2025

DROP-IN GROUP FITNESS SCHEDULE

Modified Schedule: 7/4, 7/5, 7/6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Basic Training 5:30-6:25 AM Michelle / BP / MPR1	Body Bar Training 9:00-9:55 AM Julie / MPR1	Basic Training 5:30-6:25 AM Michelle / BP / MPR1	Mix It Up 10:00-10:55 AM Julie / MPR1	Fitball Conditioning 5:30-6:25 AM Michelle/BP/MPR1	BODYPUMP™ 7:00-7:55 AM Melanie / MPR1
Deep Water *8:00-8:55am Michelle/Shallow/ Leisure	Pilates 10:00-10:55 AM Melissa / MPR1	BODYPUMP™ 8:30-9:25 AM Peggy / MPR1	Yoga 11:00-11:55 AM Abigail / MPR1 or Circle	BODYPUMP™ 8:30-9:25 AM Peggy / MPR1	BODYCOMBAT 8:00-8:55 AM Melanie / MPR1
Water Walking *9:00-9:55am Michelle/Shallow/ Leisure	Bootcamp 5:00-5:55 PM Jullie C. / MPR1	Deep Water *8:00-8:55am Michelle/Shallow/ Leisure	Cycle/Pilates 5:00-5:55 PM Julie C. / MPR1	Dance Flow 10:00-10:55 AM Ayush / MPR1	Cycle Spin 9:00-9:45 AM Julie C. / MPR1
Mix It Up 10:00-10:55 AM Tim / BP or MPR1	Zumba® 6:00-6:55PM *Eve / MPR1	Water Walking *9:00-9:55am Michelle/Shallow/ Leisure	Zumba® 6:00-6:55 PM Patricia / MPR1	Pilates 11:00-11:55 AM Melissa / MPR1	Zumba® 9:00-9:55 AM Bindu / MPR2
Yoga 11:00-11:55 AM Melissa / MPR1	Fit Circuit 7:00-7:00PM Ayush / MPR1	*Fitball Conditioning 10:00-10:55 AM Tim / BP or MPR1		Yin Yoga 12:00-12:55 PM Melissa / MPR1	BODYPUMP™ 10:00-10:55 AM Fred & Irene / MPR1
On July 4th, the Rec Center will be open from 5 AM to 4 PM.					
Cardio Sculpt 4:40-5:25 PM Ayush / MPR1	<i>Fitness Center Orientations are available! Contact the fitness director Cristian Gonzalez to make an appointment: Cristian.gonzalez@fairfaxcounty.gov</i>	Yoga 11:30-12:25 PM Melissa / MPR1	Can't make it in person? Check out our virtual Healthy Strides Community Class list: https://www.fairfaxcounty.gov/parks/healthy-strides   SCAN ME	Zumba® 6:00-6:55 PM Patricia / MPR1	Sunday
Zumba® 5:00-5:55 PM *Laila / MPR2		BODYPUMP™ 5:30-6:25 PM Melanie / MPR1		Request personal training by scanning the QR code or by visiting: www.fairfaxcounty.gov/parks/reccenter/personal-training	Strength Circuit *8:10-8:55 AM Ayush / MPR1
BODYPUMP™ 5:30- 6:25 PM Peggy / MPR1		Yoga 6:00-6:55 PM David /MPR2 /Circle		Zumba® 9:00-9:55 AM Patricia / MPR2	
Pure Stretch 6:00-6:55 PM Jennifer/Circle or MPR2		New! Body Sculpt 7:00-7:55 Ayush / MPR1		* Indicates a change or new class	

These classes are included with your Rec Center membership. Non-members pay the general admission rate at the 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 Rec Center with questions or concerns.

For questions or comments regarding the schedule, please e-mail the Fitness Director at cristian.gonzalez@fairfaxcounty.gov.



For Inclusion and ADA Support call 703.324.8563 • TTY Va. Relay 711.

Course Description

Basic Training – This class is 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 a bit.

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

Bootcamp – Fun, physical training that may include calisthenics, floor exercise and outdoor work. Great for the intermediate or advanced exerciser who is looking to mix things up a bit.

BODYCOMBAT – Punch and kick your way to fitness, burning lots of calories. This high-energy martial art inspired workout is totally non-contact with no complex moves to master. A LES MILLSTM 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.

BODYPUMP™ – The original, preformatted barbell class that strengthens your entire body. Challenge your major muscle groups by using the best weight room exercises. Choose your own weight level, listen to great music, and quickly get the results you desire!

Body Bar Training – Using only a long-weighted bar, develop core strength, balance, symmetry, and muscle definition like never before. The body bar's unique shape improves posture, body awareness, and muscle control to improve performance in both sports activities and daily life challenges. You will be surprised at the versatility of such a simple piece of equipment.

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!

Cycle/Pilates – The best of both worlds - cycle spin fused with Pilates workout to give you a dynamic, full body workout. Bring a mat, towel, and water.

Cycle Spin – Come join indoor cycling and get rolling! It's an invigorating workout great for everyone, allowing riders to work at their own paces, whether beginner, intermediate, or advanced. Water bottles and a towel are necessary for this class.

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 worlds and popular music to inspire passion and joy in everyone! No dance experience is necessary.

Fitball Conditioning – Use a variety of fitness balls to work the entire body for improvement in every area of fitness. Balls add an element of play to any exercise program, combating boredom and keeping the mind and body feeling young!

Fit Circuit – Combining both cardio and strength building exercises to get your heart pumping and muscles working. This exciting class targets all major muscle groups using a format of three-minute-segments on various equipment – bikes, weights, steps, balls, bodyweight etc. Are you ready for the circuit challenge?

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 fitness equipment, including rubber resistance, weighted and air-filled balls, weighted bars, and dumbbells, the BOSU®, gliding discs, and step platforms. All levels of fitness enthusiasts are welcome.

Pilates – A class for the Pilates beginner, the mat workout is designed to teach fundamental concepts, basic movements, breathing, and modifications. This class is excellent preparation for the Pilates Level I class.

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.

Strength Circuit – This is the perfect way to test the limits of your body. This resistance-based class will use strengthening exercises incorporating BOSU®, dumbbells, resistance bands, and much more! All levels are welcome.

Yin Yoga – Postures are held for longer periods (1-5 min. each), targeting connective tissues, joints, and fascial networks. You will stretch all major muscle groups to help improve flexibility, regain range of motion, reduce pain, and prevent injuries. Bring a mat, towel, bolster, blanket, and pillow to each class.

Yoga – This beginner class is designed 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.

Zumba® – Exercise your body and energize your soul in this exciting aerobics class. Tone up as you get down with energetic Latin music, rhythms, and dance moves.

Room Codes: FS=Fitness Studio; MB=Mind-Body Studio; FC=Fitness Center (service desk area)

Please wear sneakers and comfortable clothing that allow free movement.

Twelve is the minimum age for drop-in class participants.









**HEALTHY
STRIDES
COMMUNITY
CLASSES**

2025 Virtual Fitness Classes

Weekly Schedule

www.fairfaxcounty.gov/parks/healthy-strides

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 8:00 am – 9:00 am Shirl W.	Mix It Up 8:00 am – 9:00 am Jennifer H.	Yoga 9:00 am – 10:00 am Ky W.	Yoga <i>Live at South Run</i> 7:30 am – 8:30 am Michael S.	Pure Stretch 8:00 am – 8:45 am Jennifer H.	Strength Mix <i>Live at South Run</i> 9:00 am – 9:45 am Laurie S.	Yoga 8:00 am – 8:45 am Ky W.
Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.		Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.		Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.	Pure Stretch <i>Live at South Run</i> 9:45 am – 10:15 am Laurie S.	Pure Stretch 8:45 am – 9:15 am Shirl W.
Yoga 12:00 pm – 1:00 pm Ky W.	Strength Mix 5:30 pm – 6:15 pm Laurie S.	Pilates 12:00 pm – 1:00 pm Shirl W.	Please be courteous to all class participants by staying muted unless otherwise instructed.	Yoga 9:00am – 10:00am Nancy S./Lucy		Basic Training 9:30 am – 10:30 am Jennifer H.
Yoga <i>Live at South Run</i> 5:45 pm – 6:40 pm Teresa T.	Pilates 7:00 pm – 8:00 pm Shirl W.	Mix It Up (Mat) <i>Live at OakMont</i> 6:00 pm – 6:55 pm Jennifer H.		Body Sculpting 10:00 am–10:55 am Julie C.	For directions to join a class on Microsoft Teams, go to www.fairfaxcounty.gov/parks/healthy-strides	Pure Stretch 7:00 pm – 7:30pm Laurie S.
Pure Stretch 7:00 pm – 7:30 pm Laurie S.	Tai Chi Basics 7:30 pm – 8:30 pm Sally H.B.	Pure Stretch 7:00 pm – 7:30pm Laurie S.	Pilates 6:00 pm – 7:00 pm Laurie S.			
			Strength Mix 6:00 pm – 7:00 pm Jennifer H.	 FAIRFAX COUNTY PARK AUTHORITY REC CENTERS		Updated 7/1/2025



Class Descriptions

Basic Training - Learn to strength train in fun, innovative ways. Benefits of functional strength: greater bone density, improved coordination, better balance, and increased lean muscle mass. **Older Adults** format focuses on the same goals but at a lower intensity.

Body Sculpting – A lighter total body workout open to all fitness levels. This class focuses on general muscle conditioning using dumbbell as the primary form of resistance.

Mix It Up - It's the Instructor's choice for a fun and challenging total body workout. This class may include everything from muscle toning to aerobics.

Mix It Up (Mat) - Looking for a safe and effective way to improve flexibility, endurance, and muscle tone? Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques.

Pilates – This mat workout is designed to teach fundamental concepts basic movements, breathing, and modifications of the original Pilates method.

Pure Stretch - Work on your 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.

Strength Mix - Join the strength and cardio-based, total-body conditioning class. We change it up to give you the maximum amount of fun, with lots of variety to give you the maximum results. All fitness levels are welcome.

Tai Chi - Ever wonder what that “Tai Chi” stuff is? Did you know it can help your posture, calmness, and overall body sense? Did you know it can build strength? Come and try it out.

Yoga - Gain greater strength and flexibility as you learn basic yoga postures and different breathing techniques. All levels welcome.

All classes are beginner level. All ages and abilities welcomed – our instructors will provide modifications for all levels in these classes. If you have a particular concern, feel free to chat with the instructor at the beginning of class.

+ **Hybrid class** Indicated on the Live Virtual Class Schedule, this class is broadcast live from a Rec Center and can be also taken in-person at the facility with membership or daily admission. See the Rec Center group fitness drop-in schedules for more information: www.fairfaxcounty.gov/parks/recenter/schedules.

If you have more specific questions regarding the Healthy Strides Community Classes, please email christine.molina@fairfaxcounty.gov