

July 2025

DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Toning 9:30-10:25 AM Suja/MP	Cycle/Row Challenge 6-6:45am Shirl/MP	Pilates w/ Props 9-9:50am Shirl/ FS	Cycle/Row Fusion 6-6:55am Shirl/MP		Yoga 8:15-9:10am Roxann/DR
Gentle Cardio 10:35-11:30 AM Shirl/MP	Zumba 9:30-10:25 AM Isabel/MP <i>*No class on 1st and 8th *</i>	Zumba 9:30-10:25 AM Suja/MP	Zumba 9:30-10:25 AM Isabel/MP <i>*No class on 7/24*</i>	Zumba 9:30-10:25 AM Suja/MP	Body Combat 10:00-10:55 AM Jennifer/Basketball Court
	Yoga 9:30-10:25am Nicki E/ FS	Cycle Spin 10:35-1130AM Annie / MP	Strong Nation 10:30-11:25am Isabel/MP <i>*Class only on 3rd and 31st *</i>		
	Strong Nation 1030-11:25 AM Isabel/MP <i>*Class only on 22nd *</i>				Abs, Back, and Stretch 11:00-11:30 AM Jennifer/ Basketball Court Outside
		Yoga 2-2:55 PM Kristina/MP	Cycle Spin 5:00-5:55 PM Shirl/ MP		
					Sunday
Cycle Spin 11:40-12:35PM Shirl/ MP	Basic Training 530pm-625pm Nancy B /MP		Zumba 6:30-7:25 PM Suja/DR	Yoga (Vinyasa) *All Levels* 12-12:55pm KY/ FS	Yoga 8:15-9:10am Nilina/MP
Yoga (Vinyasa) *All Levels* 5:30-6:25pm KY/ FS	Zumba 6:30-7:25 PM Suja/DR	Mix-It-Up 6:30-7:25 PM Nancy P / MP <i>No class on 7/23 and 7/30</i>		<u>Aquatic Spotlight Class:</u> Arthritis Water Exercise 9:10am -10:05 AM Thursday Debbie	Cycle Spin 930-10:25am Annie/MP
Rowing 7:30-8:25pm Shirl/ MP		Yoga 7-7:55pm Susan/ DR <i>No class on 7/2</i>			Barre Techniques 4:00-4:55pm Shirl/ DR



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 e-mail the Fitness Director at morgan.buck@fairfaxcounty.gov

Class Descriptions

Core Conditioning

The fastest way to work out your core. Innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.

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 floorwork at the end.

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 of 45 minutes.

Strong Nation (Beginner - Intermediate)

STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. This class is tailored for all participants.

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 class.

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 and Zumba Toning

Exercise your body and energize your soul in these exciting aerobics class formats. Tone up as you get down with energetic Latin music, rhythms, and dance moves. Looking to strengthen and tone your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

Mix it Up

Fight fitness boredom and get out of that exercise rut with a class that mixes cardiovascular training, body sculpting, and stretching. All levels of fitness enthusiasts' welcome.

Pilates

A class for the Pilates beginner, the mat workout is designed to teach fundamental concepts, basic movements, breathing, and modifications.

Strength & Circl Mobility:

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. RELEASE. RESTORE. RENEW. Release- Reduce stiffness and tension to feel your best. Restore- Help speed up recovery while also improving balance and focus. Renew- Stimulate your body's nervous system to enhance muscle activation and circulation.

Silver Sculpt

Enjoy a weight training class at a lower intensity that is appropriate for all ages. Learn to safely use all types of strength training equipment- even you own bodyweight-in fun innovative ways. The benefits of functional strength are many, including greater bone density improved coordination, better balance, and increased lean muscle.

Body Combat

This class brings together elements of Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu in a fun and easy-to-follow way. You don't need any martial arts experience. This class will get you fit, fast and strong – and leave you feeling fierce and empowered.

Arthritis Water Exercise

Shallow water exercise using water's natural buoyancy and resistance to help improve your overall range of motion, joint mobility and muscle strength. While the class is designed for students with arthritis, it is open and provides value to all.

Room Codes: FS=Fitness Studio; MP= Multi Purpose Room; L1=Parking Lot 1; G3 =Gym #3; DR=Dance Room

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 <div>Updated 7/1/2025</div>		

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