




SPRING HILL Rec CENTER

July 2025

DROP-IN GROUP FITNESS SCHEDULE

1239 Spring Hill Road • McLean, VA 22102 • 703.827.0989

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 9:00-9:55 AM Vanessa/FS No class 7/7	BODYPUMP™ 7:00-7:55 AM Carla/FS No class 7/1, 7/8	Body Sculpting 7:30-8:25 AM Andrew/FS	BODYPUMP™ 7:00-7:55 AM Carla/FS No class 7/3, 7/10	Basic Training 8:00-8:55 AM Ana/FS No class 7/4	Yoga 7:00-7:55 AM Ana/FS
	†Cycle Spin 9:00-9:45 AM Steve/FS	Zumba® 9:30-10:25 AM Sandra/FS No class 7/30			Balls & Bands 8:00-8:55 AM Andrew/MB
Yoga 4:30-5:25 PM Ana/MB	Yoga 9:00-9:55 AM Ana/MB	Yoga 10:00-10:55 AM Juanita/MB	†Cycle Spin 9:00-9:45 AM Jennifer Y./FS No class 7/3	Zumba 9:00-9:55 AM Vanessa/FS No class 7/4	R.I.P.E.D. 8:00-8:55 AM Kelly/FS
	Cardio Sculpt 10:00-10:55 AM Sherry/FS		Yoga 9:00-9:55 AM Edie/MB No class 7/3	Yoga 9:00-9:55 AM Viv/MB No class 7/4	Mat Pilates 10:00-10:55 AM Sherry/MB
Meditation 5:30-6:00 PM Ana/MB	Aqua Fitness Circuit 11:00-11:55 AM Carol/Pool	Silver Sculpt 11:00-11:55 AM Jennifer B./FS No class 7/9			Zumba® 11:30-12:25 PM Rachel/FS
Sunday July 20 th 4:00-5:00pm Book Club Meeting – <i>The Miracle Morning</i> by Hal Elrod – See Back for More Details! MB Studio					
Silver Sculpt Returning soon!	Abs, Back, Stretch 11:00-11:55 AM Steve/MB	Abs, Back, Stretch 12:00-12:55 PM Jennifer B./FS No class 7/9	Mix It Up 11:00-11:55 AM Steve/FS	Pop Pilates® 10:00-10:55 AM Sherry/FS No class 7/4	Sunday
	Silver Sculpt 1:00-1:55 PM Jennifer B./FS		Mobility Basics 12:00-12:55 PM George/FS		Tabata 8:00-8:55 AM Ana/FS
	Abs, Back, Stretch 2:00-2:55 PM Jennifer B./FS		*Silver Sculpt* 1:00-1:55 PM Steve/FS		Yoga 9:00-9:55 AM Nancy/MB
Bombay Jam® Returns in August!	Strength Mix 5:00-5:55 PM* George/FS	Yoga 6:00-6:55 PM Nancy/MB No class 7/2	Yoga 6:00-6:55 PM Nancy/MB	Mix It Up 12:00-12:55 PM George/FS No class 7/4	Zumba® 10:00-10:55 AM Elena/FS
	RUMBLE™ 6:00-6:55 PM Kelly/FS	Meditation 7:00-7:45 PM Nancy/MB No class 7/2	Turbo Kick™ 6:00-6:55 PM Kelly/FS		Yoga 11:00-11:55 AM Nancy/MB
	Mix It Up 7:10-7:55 PM Kelly/FS	Zumba 7:00-7:55 PM Vanessa/FS No class 7/2, 7/30	†TRX® Fundamentals 7:00-7:55 PM Kelly/FS	Yoga 6:00-6:55 PM Nancy/MB No class 7/4	BODYPUMP™ 11:15-12:10 PM Sandy/FS No class 7/6
			Zumba 8:00-8:55 PM Rica/FS No class 7/3, 7/31		*†TRX® FIT* 4:00-4:55 PM Kelly/FS Begins 7/13*
Scan the QR code to find our calendar of free virtual classes or go directly to www.fairfaxcounty.gov/parks/healthy-strides		* 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 harsh.patel@fairfaxcounty.gov.



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

Class Descriptions

Book Club Meeting July 20th from 4:00-5:00pm.

A gym-wide invitation to slow down and dive in. Join us in the mindbody studio for a gathering open to all. Whether you manage to read the whole book, a few chapters, or just want to hear what it is about, you're welcome here!

No yoga mat needed—just a curiosity and willingness to connect! Order/rent from the library.

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.

Balls & Bands

Tired of being limited to machines? Take your workout to the next level by learning how to challenge muscles creatively using your bodyweight, stability balls, and resistance tubing.

Basic Training

This class is a 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.

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 Sculpting

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

Bombay Jam®

Shake up your fitness routine with an exciting new aerobic format that fuses the folk-dance movement of Bhangra with fun Bollywood flair. Enjoy fun and interesting ways of moving while dancing into an improved level of fitness. If you like Zumba, you will love this class too.

Cardio Sculpt

This class focuses on cardiovascular exercise with 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 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.

†Class is limited to the first 12 participants. Check in up to 30 minutes before class at the front desk for a bike number.

Meditation

Enjoy this simple introduction to meditation for beginners. Learn how to release tension, relax the body, and change negative emotions to create a greater sense of well-being and joy. Students will practice focusing their minds to increase concentration and to develop self-awareness. Find your connection to inner peace in this class.

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.

Mobility Basics

Mobility Basics is a dynamic group exercise class designed to improve flexibility, range of motion, and overall mobility. This class is suitable for individuals of all fitness levels who are interested in improving movement capabilities and injury prevention.

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.

Pop Pilates®

Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles.

R.I.P.P.E.D.

A challenging workout using dumbbells and bodyweight that changes the moves every 6 to 9 minutes to achieve that "One Stop Body Shock" for which this format is known. The acronym stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet.

RUMBLE™

This authentic, simple, mixed martial arts format is geared for group exercise and enhances spatial awareness and integrated movement ability while using the RUMBLE stick. No martial arts experience is needed, only a willingness to sweat and have fun!

Silver Sculpt

Enjoy a weight training class at a lower intensity that is appropriate for all ages. Learn to safely use strength training equipment—even your 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 mass.

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!

Tabata

Tabata interval training uses 4-minute segments that contain several work/rest cycles. Each cycle consists of 20 work seconds followed by 10 recovery seconds. Sounds easy, but you will work harder in those 4 minutes than you would in 30 minutes of traditional steady state exercise. Learn to train efficiently for both cardio and strength without any wasted time or boredom.

TRX® Fit

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!

TRX® Fundamentals

Find out what suspension training is all about in this introductory class that leverages gravity and your own bodyweight to perform endless combinations of exercises. Great for all fitness levels, from athletes to seniors, the TRX suspension trainer builds a solid core, increases muscular endurance, and delivers greater performance and functionality to all daily life activities. You are in complete control by simply adjusting your body posture to increase or decrease resistance. Proper set-up, exercise execution, and modifications will be taught.

Turbo Kick™

This full body workout is 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.

Zumba®

Dance your way into fitness with a fun, energetic, easy way to exercise. Zumba is a high/low cardio workout using the hottest Latin music and moves, as well as other world genres.

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 <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