






# May 2024

## DROP-IN GROUP FITNESS SCHEDULE

\*These classes are **included** with your RECenter membership. Non-members pay the general admission rate at time of check-in.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength &amp; Stretch</b> 8:00 - 9:00 am Robin - Pine Room	<b>Cycle Strength</b> 7:00 - 8:00 am David - Pine Room	<b>Cycle Challenge</b> 7:00 - 8:00 am Subodh - Pine Room	<b>Cycle Strength</b> 7:00 - 8:00 am David - Pine Room	<b>Mix It Up</b> 10:30 - 11:30 am Janelle - M/B Room	<b>Rock and Roll Abs</b> 7:30 - 8:30 am Navah - M/B Room	<b>VIBES®</b> 9:00 - 10:00 am Joey - M/B Room
<b>Bombay Jam</b> 10:00 - 11:00 am Aparna - Pine Room	<b>Tai Chi Basics</b> 7:00 - 8:00 am Su Chen - M/B Room	<b>Pure Stretch</b> 8:00 - 9:00 am Robin - Pine Room	<b>Tai Chi Basics</b> 7:00 - 8:00 am Su Chen - M/B Room	<b>Cycle Challenge</b> 11:30 - 12:30 pm Amanda B. - Pine Room	<b>Cycle Challenge</b> 9:00 - 10:00 am David - Pine Room	<b>Zumba®</b> 9:30 - 10:30 am Laila - Pine Room
<b>Yoga</b> 11:30 - 12:30 pm Noel - Pine Room	<b>HIGH Fitness®</b> 9:30 - 10:30 am Laura - Pine Room	<b>Pilates</b> 10:15 - 11:15 am Sherry - Pine Room	<b>HIGH Fitness®</b> 9:30 - 10:30 am Laura - Pine Room	<b>Vinyasa Yoga</b> 5:30 - 6:30 pm <b>Rotating</b> - M/B Room		<b>HIGH Low®</b> 10:30 - 11:30 am Laura - Pine Room
	<b>Cycle Challenge</b> 11:30 - 12:30 pm Amanda B. - Pine Room	<b>Yoga</b> 11:30 - 12:30 pm Noel - Pine Room	<b>Shallow Water Aerobics</b> 10:00 - 10:55 am Pam - Pool Area	<b>Interested in Personal Training?</b>  <b>Scan this code to learn more!</b>	<b>Zumba®</b> 10:00 - 11:00 am Shawna - M/B Room	
<b>Fit Ball / Core</b> 1:00 - 2:00 pm Doug - M/B Room	<b>Vinyasa Yoga</b> 12:00 - 1:00 pm Michelle - M/B Room	<b>Mix It Up</b> 6:00 - 7:00 pm Jennifer - M/B Room	<b>Silver Sculpt</b> 12:00 - 1:00 pm Jumanne - Pine Room		<b>BodyPump®</b> 10:30 - 11:30 am Grace - Pine Room	
	<b>BodyPump®</b> 5:30 - 6:15 pm Grace - Pine Room	<b>Yoga</b> 6:30 - 7:30 pm Tenzin - Pine Room	<b>Vinyasa Yoga</b> 6:30 - 7:30 pm Nisha - M/B Room		<b>Open House - May 22<sup>nd</sup></b> <b>Free Admission All Day!</b> ----- <b>Memorial Day - May 27<sup>th</sup></b> <b>6pm Early Closure</b>	
<b>Surge®</b> 6:00 - 7:00 pm Amanda K. - Maple Room	<b>Zumba®</b> 6:00 - 7:00 pm Shawna - Maple Room	<b>BodyCombat®</b> 7:00 - 8:00 pm Jennifer - M/B Room	<b>BodyPump®</b> 7:00 - 8:00 pm Harvey - Pine Room			
<b>Zumba®</b> 7:00 - 8:00 pm Rachel - Pine Room	<b>STRONG Nation®</b> 7:00 - 8:00 pm Hanieh - Pine Room	<b>Tai Chi Basics</b> 8:00 - 8:30 pm Jennifer - M/B Room	<b>Zumba®</b> 7:00 - 8:00 pm Rachel - Oak Room	<b>"Make improvements, not excuses. Seek respect, not attention." — Roy T. Bennett</b>		

Please be prepared to show proof of county residency and/or student ID for applicable discounts. This calendar is subject to change.

For questions or comments regarding the schedule, please e-mail the Fitness Director at [malik.stevens@fairfaxcounty.gov](mailto:malik.stevens@fairfaxcounty.gov)

# Class Descriptions:

**BodyCombat®** - Punch and kick your way to fitness, burning lots of calories. This high-energy martial arts inspired workout is totally non-contact with no complex moves to master. Release stress, have a blast, and feel like a champ.

**BodyPump®** - BodyPump is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Every routine is fully choreographed to your favorite popular songs.

**Bombay Jam** - Shake up your fitness routine with an exciting new aerobic format that fuses the folk-dance movement of Bhangra with a 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.

**Cycle Challenge** - This low impact, high intensity class is designed for fit individuals who want to take their spin workouts to another level. **Cycle Strength** combines a standard indoor cycle class with an extended muscle strengthening segment of class off the bike.

**Fit Ball / Core** - This class emphasizes sculpting and strengthening the trunk with its major muscle groups — feel your abs, glutes, hip, back and chest muscles like never before using your own bodyweight and the stability ball.

**HIGH Fitness®** - Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love! Finally, a fitness class that is easy to follow and a total blast. Come have some BODY SCULPTING FUN! **HIGH Low** has the same energy level as regular HIGH Fitness but omits tuck jumps and burpees.

**Mix It Up** - A mix of cardiovascular training, body sculpting, and stretching that uses all 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 welcome.

**Pilates** - Unlike some workouts that isolate specific muscle groups, Pilates engages your entire body in every exercise, helping you achieve balanced muscle development. Whether you're a seasoned fitness enthusiast or a beginner looking to build a strong foundation, Pilates is the perfect choice.

**Rock and Roll Abs** - Come lengthen and define your abdominal and back muscles while improving torso stabilization and core strength. For 55 minutes, you will be challenged with a variety of exercises utilizing foam rollers, balls, rings and bands.

**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 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 & Stretch** - This class begins with a full body workout using a combination of bodyweight exercises, and traditional resistance training tools and ends with a nice full body stretch. Class will focus on building strength through functional movement patterns and improving mobility.

**STRONG Nation ®** - This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In each hour-long class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

**Surge Fit®** - Great Music + HIIT Cardio + Weight Training = Results. This class combines the best parts of popular exercise techniques and scientific research and added great music to get participants not only in amazing shape but also having the time of their lives. SURGE classes utilize minimum equipment, just a set of dumbbells, a mat, and some space to move.

**Tai Chi Basics** - Come learn about the ancient art and practice of Tai Chi in a giving environment. You will be guided through a series of flowing movements to improve posture, build balance, and to increase both mental and physical strength. All fitness levels are welcome, as this class is excellent preparation for Tai Chi I.

**VIBES®** - VIBES is a high-energy, high-intensity dance workout. Great fun. Great exercise. We move to the same jams you'd find in a nightclub. Find your groove - or learn some moves - while burning calories for the body you want.

**Yoga** - Embark on a transformative journey of self-discovery, balance, and tranquility with our invigorating Yoga classes. Yoga isn't just an exercise; it's a path to holistic well-being that nurtures your body, mind, and soul. Experience a greater range of motion and flexibility as you gently stretch and lengthen your muscles. **Vinyasa** moves at a faster pace and requires greater breathing control than **Hatha** yoga. Because it's done more slowly and poses are held for longer, **Hatha** yoga allows for more stretching.

**Zumba®** - Get ready to groove, burn calories, and have a blast with the electrifying rhythm of Zumba! It's not just a workout; it's a dance party that will leave you feeling energized, confident, and utterly exhilarated. Zumba is the ultimate fusion of dance and fitness. Lose yourself in the infectious beats of salsa, merengue, reggaeton, and more, and let the music move you!

**Can't make it to in-person classes? Check out our Healthy Strides Community Classes online at [www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)**

For questions or comments regarding the schedule, please e-mail the Fitness Director at [malik.stevens@fairfaxcounty.gov](mailto:malik.stevens@fairfaxcounty.gov)

**Please wear sneakers and comfortable clothing that allow free movement. Twelve is the minimum age for drop-in class participants.**







**HEALTHY STRIDES**  
COMMUNITY CLASSES


# 2024 Virtual Fitness Classes

Weekly Schedule

[www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Pilates 8:00 am – 9:00 am Shirl W. Meeting ID: 834 0153 5657</p>	<p>Mix It Up 8:00 am – 9:00 am Jennifer H. Meeting ID: 892 8887 5392</p>	<p>Yoga 9:00 am – 10:00 am Teresa T. Meeting ID: 840 5828 3633</p>	<p>Yoga <sup>+</sup> <i>Live at South Run</i> 8:00 am – 9:00 am Michael S. Meeting ID: 842 2723 5452</p>	<p>Pure Stretch 8:00 am – 8:45 am Jennifer H. Meeting ID: 848 0203 0991</p>	<p>Strength Mix <sup>+</sup> <i>Live at South Run</i> 9:00 am – 9:45 am Laurie S. Meeting ID: 847 9264 7084</p>	<p>Pure Stretch 8:45 am – 9:15 am Shirl W. Meeting ID: 871 6941 6303</p>
<p>Mix It Up <sup>+</sup> <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Mix It Up <sup>+</sup> <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>	<p>Pilates 11:30 am – 12:30 pm Edie M. Meeting ID: 858 7896 4048</p>	<p>Mix It Up <sup>+</sup> <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Basic Training 9:30 am – 10:30 am Jennifer H. Meeting ID: 837 3916 5792</p>
<p>Basic Training for Older Adults 9:00 am – 10:00 am Gail B. Meeting ID: 826 6940 0842</p>	<p>Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142</p>	<p>Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 836 5648 6814</p>	<p><i>Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.</i></p>	<p>Basic Training for Older Adults 10:00 am – 10:55 am Julie C. Meeting ID: 846 2127 9226</p>	<p><b>MANAGING PRE-DIABETES AND DIABETES SERIES</b> <u>Wednesdays in May, 5:30-6:30pm</u></p> <p>Led by Catherine Bavido-Arrage, Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist</p> <p>5/1 Basics of Having Pre-Diabetes or Diabetes 5/8 Exercise and Diabetes 5/15 Meals and Diabetes</p> <p>For class descriptions, check the website.</p>	
 <p>Always go to the HSCC webpage for the most up-to-date schedule.</p>	<p>Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 858 0334 3406</p>	<p>Mix It Up (Mat) <sup>+</sup> <i>Live at Oak Marr</i> 6:00 pm – 6:55 pm Jennifer H. Meeting ID: 847 7725 5135</p>		<p>Yoga 11:30 am- 12:30 pm Nancy S. Meeting ID: 846 9716 9859</p>		
<p>Yoga <sup>+</sup> <i>Live at South Run</i> 5:45 pm – 6:40 pm Teresa T. Meeting ID: 845 6705 8234</p>	<p><b>Nutrition Wellness Workshops</b> <u>Nutrition Series, 7-8 pm</u> 4/24 Feel Satiated without Overeating ~ Sandy J. 5/29 The Truth About Sugar ~ Sandy J. 6/26 The Connection Between Exercise &amp; Eating ~ Laurie S.</p>		<p>Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007</p>		<p><b>To join a class, visit:</b> <a href="http://www.fairfaxcounty.gov/parks/healthy-strides">www.fairfaxcounty.gov/parks/healthy-strides</a> <b>Click on the class link in the schedule. You will be taken directly to Zoom. No registration required.</b> Schedule is subject to change. <b>Questions?</b> Contact the Healthy Strides Virtual Class Coordinators at <a href="mailto:christine.molina@fairfaxcounty.gov">christine.molina@fairfaxcounty.gov</a> or <a href="mailto:laurie.strickland@fairfaxcounty.gov">laurie.strickland@fairfaxcounty.gov</a></p>	

<sup>+</sup> **Hybrid class** 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](http://www.fairfaxcounty.gov/parks/recenter/schedules).

 For accommodations, contact Inclusion and ADA Support at 703-324-8563. TTY Relay 711. [www.fairfaxcounty.gov/parks/accessible](http://www.fairfaxcounty.gov/parks/accessible).



FAIRFAX COUNTY PARK AUTHORITY  
**REC CENTERS**

Updated 4/11/2024



## 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.

**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.

**Restorative Yoga** - A restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind.

**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](http://www.fairfaxcounty.gov/parks/recenter/schedules).

If you have more specific questions regarding the Healthy Strides Community Classes, please email [christine.molina@fairfaxcounty.gov](mailto:christine.molina@fairfaxcounty.gov)