



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Kingstowne Center for Active Adults

Address: 6488 Landsdowne
Center Dr.
Alexandria, VA 22315

Hours: Monday – Friday, 9 a.m. to 4 p.m.

Phone: 703-339-7676, TTY 711

March 2020

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Line Dancing Club	Monday	7 – 9 p.m.	Advanced line dancing
Open Gym	Monday - Friday	9 a.m. – 4 p.m.	Free weights and exercise machines available
Total Body Workout	Monday	9:15 -10:15 a.m.	Aerobics class that works the whole body
Chair Jazzercise	Monday	10:30 -11:15 a.m.	Jazzercise dance class in the chair
Jazzercise	Monday	11:30 a.m. -12:15 p.m.	Dance class
Yoga Flow	Monday	2 -3 p.m.	Active yoga class
Healthy Hearts	Tuesday and Thursday	9:10 - 10:10 a.m.	Aerobics class that works the whole body at <i>Franconia Moose lodge</i>
Yoga	Tuesday	9:15 – 10:15 a.m.	Mid-level yoga class
Balance and Strength	Tuesday	10:30 -11:30 a.m.	Fitness class focused on balance
S.A.I.L (stay active & independent for life)	Tuesday Thursday	11:30 a.m.- 12:30 p.m. 1 p.m. – 2 p.m.	Fitness class that works the entire body with a focus on maintaining and increasing balance and mobility. Great for beginners.
Fit – 4- Life	Tuesday	12:30 p.m.	Moderate to Advance fitness class
Line Dancing	Tuesday	2 -3 p.m.	Line dance class with urban flair
Zumba	Wednesday	9:15 a.m. & 1:00 p.m.	Latin-inspired dance class
Zumba Chair	Wednesday	10:30 -11:30 a.m.	Latin-inspired dance class in the chair
Ballroom Dance	Wednesday	12 noon -1 p.m.	Ballroom dance class
Yoga-lates	Thursday	9:15-10:15 a.m.	Fitness class blending yoga and Pilates

Circuit Training with Donald	Monday – Friday excluding Wednesday	3 p.m.	Full body training adapted for all skill levels
Gentle Yoga	Thursday	10:30-11:30 a.m.	Beginner yoga
Belly Dancing	Thursday	2 - 3 p.m.	Belly dancing
Tai Chi	Thursday	6 -7 p.m.	Vietnamese Tai Chi
Pilates	Friday	9:15 -10:15 a.m.	On the floor, mat Pilates
Meditation	Friday	10:30 -11:15 a.m.	Seated meditation
Chair Yoga	Friday	11:15 a.m. -12 noon	Seated yoga class
Tai Chi	Tuesday and Thursday	1 p.m./ 10:30 a.m.	Vietnamese Tai Chi
<u>CLASSES</u>			
Title	When	Time	Description
Internet Café	Monday - Friday	9 a.m. – 4 p.m.	Accessible computers available
One on One Computer Help	Wednesday	9 a.m. -12 noon	Personal PC help
Conversational Spanish	Monday and Wednesday	11:30 a.m. -12:30 p.m.	conversation
Conversational Italian	Tuesday	10:30 a.m. -12 noon	conversation
Conversational English	Wednesday	12:30-1:30 p.m.	conversation
<u>Special Events / Trips</u>			
Title	When	Time	Description
Lunch Around the world/ Crazy Crab.	3-10-2020	10:30 a.m.	Lunch field trip
St. Patty Day Social	3-17-2020	12:30 p.m.	Celebrate with Sham Rock Shakes
Shephard Center	3-18-2020	12:30 p.m.	Volunteer opportunities.
March Birthday Celebration	3-27-2020	12:30 pm	Birthday social