



October 2017

DROP-IN GROUP FITNESS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Basic Training 6-6:50am Dempsey MP Room	LES MILLS BODYPUMP 5:30-6:25am La'Vonne Dance Studio	Basic Training 6-6:55 am Dempsey MP Room	LES MILLS BODYPUMP 5:30-6:25am La'Vonne Dance Studio		Cycle Spin 8-8:45am Mel MP Room
Gentle Barre and Balance 11am-11:25am Shirl Fitness Studio	ZUMBA Gold 10:30-11:25am Laura MP Room **NEW TIME**	Better Balance 11-11:25am Mindi Fitness Studio		Cardio Sculpt 9-9:55am Mel MP Room	Ab Attack 9-9:30am Mel MP Room
Gentle Cardio 11:30am-12:25pm Shirl MP Room	Better Balance 11-11:25am Mindi Fitness Studio	Gentle Cardio 11-11:55am Dana MP Room	Gentle Cardio Dance 10:30-11:25am Laura MP Room **NEW TIME**	Gentle Cardio 11:15-11:55am Mel MP Room	Basic Training 9-9:55am Dempsey Gymnasium
Ab Attack! 11:30am Mindi Fitness Studio	Ab Attack! 11:30-11:55am Mel MP Room	Ab Attack! 11:30-11:55am Mindi Fitness Studio		Ab Attack 11:30-11:55am Mindi Fitness Studio	LES MILLS BODYCOMBAT 10am- 10:55am Jennifer Fitness Studio
The best preparation for tomorrow is doing your best today!!					Sunday
Cycle Spin 12-12:55pm Mindi Fitness Studio	Cycle Fusion! (Cycle/Row) 12-12:50pm Mel MP Room	Cycle Fusion! (Cycle/Row) 12-12:50pm Mindi MP Room	Gentle Yoga 11:45pm-12:40pm Sandy MP Room	Cycle Spin 12-12:55pm Mindi MP Room	Spin Orientation (1 st and 3 rd Sunday of the Month) 9-9:45am Dempsey MP Room
Ab Attack! 5-5:25pm Shirl MP Room	Ab Attack! 6-6:25 Heather MP Room	Ab Attack! 5-5:25pm Shirl MP Room	Ab Attack! 6-6:25pm Michaela MP Room		Cycle Spin 10-10:45am Dempsey MP Room
Cycle Spin 5:30-6:15pm Shirl MP Room	Step And Sculpt 6:30-7:25pm Heather MP Room	Cycle Spin 5:30-6:15pm Shirl MP Room			Yoga for Strong Bones 2-2:55pm Sandy MP Room
<u>NO CLASSES</u> <u>October 9th</u>	Cycle Spin 7:30-8:20pm Dempsey MP Room		Mix-it-up! 6:30-7:25pm Michaela MP Room		ZUMBA 3-3:55pm Kathy Dance Room
		Mix-It-Up 6:30-7:25pm Nancy MP Room		ZUMBA 7:00-7:55pm Kathy Dance Room	Gentle Yoga 4-4:55pm Sandy Fitness Studio

Nothing is impossible the word itself says "I'm" possible!



Step 10: Snacking Smart
On your own: Pick one day and plan your snacks for the week to set yourself up for success!

* indicates a change
✂ Class in danger of cancellation due to low attendance. Current month will run as scheduled.



As a Family: Get input from your kids on what they like and plan ahead of time. A fun idea is to use muffin pans to store snacks.
www.fairfaxcounty.gov/parks/rec/Take12

Lee District RECenter
6601 Telegraph Road
Alexandria, VA 22310

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 email the Fitness Director, Morgan Buck at Morgan.Buck@fairfaxcounty.gov.



The Fairfax County Park Authority is committed to equal access in all programs and services. Special accommodations will be provided upon request. Please call the ADA/ Access coordinator at least 10 working days in advance of the date services are needed.

703.324.8563 (Phone) • 703.803.3354 (TTY) • www.fairfaxcounty.gov/parks/ada.htm

Class Descriptions

Ab Attack

The fastest way to get it done is with thirty minutes of innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.

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 registered classes using the Barre workout method. Once you master the fundamentals, you will be ready to get the most out of your Barre class.

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.

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!

Better Balance

This class focuses on basic balance exercises to assess if your balance needs to be improved upon. This class is suggested for all ages and all fitness levels.

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. A LES MILLS™ 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

Is the original, pre-formatted barbell class that strengthens your entire body. Challenge all of 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!

Cycle Spin

This cycling class is great for all levels of fitness! The instructor will call cues for both beginning and experienced students. This invigorating class will allow the riders to judge for themselves how hard they feel like working. It's a terrific class for staying fit! Definitely bring a water bottle and towel to class.

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 floor work at the end.

Jump and Pump

Enhance your sports skills and challenge your body with jump ropes, plyometrics, calisthenics, and sport-specific drills. The program is designed for all levels of participation, so you can work at your own intensity while enjoying this high-energy class.

Meditation

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

Pilates

A great beginner class that teaches fundamental concepts and basic movements of Pilates and may incorporate props. All levels welcome.

Step and Sculpt

Pack your cardio and strength training into a single, efficient, time-saving workout. The first half of class focuses on step combinations, followed by weight training to build muscle and increase bone density in the second half.

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 yoga mat to class.

Zumba®

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

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 welcome.

Agility training

This class uses drills to help you learn to move in different directions which helps improve coordination, movement and performance.

Balance Training

This class can help you improve coordination, balance and performance while reducing injury risk using fitness tools specifically designed to help improve balance.

