



November 2017

MOUNT VERNON DROP-IN GROUP FITNESS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
Cycle Spin 6-6:45am Shirl/Rm 4	Row Fusion 6-6:55am Shirl/Rm 1	Cycle Spin 6-6:45am Shirl/Rm 4	Row Fusion 6-6:55am Shirl/Rm 1	Cycle Spin 6-6:45am Shirl/Rm 4
Mix it up 9-9:55am Brenda/Rm 1	Cardio Sculpt 9-9:55am Doreen/Rm 1	Balance & Barre 8:30-8:55am Shirl/Rm 4	 *8:25-8:55am Tracy/ Rm 4	Yoga 8-8:55am Kristina/Rm 4
	Tai Chi Basics 10-10:55am Tri/Rm 4	Mix it up 9-9:55am Doreen/Rm 4 No class 11/22	Cardio Sculpt 9-9:55am Doreen/Rm 1	*Basic Training 9-9:55am Derek/ Rm 1
	Yoga 10-10:55am Kate / Rm 1	 9-9:45am Brenda/Rm 1	*Tai Chi Basics 10-10:45am Tri/Rm 4	Pilates 10-10:55am Shirl/Rm 4
✓ Cycle Spin 12:15-1pm Doreen/Rm 4	Pilates 11-11:55am Kate / Rm 1 No class 11/21			
Open Rowing - Tuesday & Thursday 2:15 - 4pm / Rm 1 - No instructor provided. Bring your own music with ear buds.				
Pure Stretch 1:15-2:10pm Doreen/Rm 1			✓ Cycle Spin 12:15-1pm Anne/Rm 4	*Yoga 12-12:55pm Rebecca/ Rm 4
 5-5:45pm Anne/ Rm 1 No class 11/13	✓ Cycle Spin 5-5:45pm Shirl/Rm 4	Pilates 11:10-12pm Shirl/Rm 4	Pure Stretch 1:15-2:10pm Doreen/Rm 1	
 6-6:30pm Heather/ Rm 1	✓ Yoga 5-5:50pm Natalie/ Rm 1	 *5:45-6:40pm Brittany / Rm 4	✓ Cycle Spin 5-5:45pm Shirl/Rm 4	 *5:30-6pm Heather/Rm 4
Pure Stretch 6:30-6:55pm Heather/ Rm 1	PIYo 6-6:55pm Alyssa/Rm 4	Cardio Kick Mix 6-6:50pm Alyssa/ Rm 1	No classes 11/23, 24, 25 & 26.	
 *7:05-8pm Samantha/ Rm 4	Cardio Sculpt 7-7:55pm Nancy/Rm 1	*Core & Deep Stretch 7-7:45pm Alyssa/ Rm 1		Yoga 6:15-7:10pm Rotation/Rm 4
*Yoga 8:10-9pm No class 11/20 Rebecca/ Rm 1		Yoga 8-8:55pm Melanie/Rm 1 No class 11/22	Yoga 8:10-9pm Chrissy/ Rm 4	
 STEP 11: On-Demand Wellness - With use of smart devices and the internet, find some tools that work for you and your family to encourage healthy accountability. www.fairfaxcounty.gov/parks/rec/Take12		* indicates a change ✓ Class is in danger of cancellation due to low attendance. Current month will run as scheduled.		 No classes 11/23, 24, 25 & 26.



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

**No classes 11/23,
24, 25 & 26**

Saturday

***Yoga**

8:15-9:10am
Roxann/Rm 4



*9:30-10:25am
Samantha/ Rm 4

***PIYo**

10:40-11:25am
Alyssa & Rita/Rm 4

***Pilates**

11:35-12:30pm
Christine/ Rm 4

***Yoga**

11:45-12:40pm
Natalie/ Rm 1

Sunday

Yoga

8:15-9:10am
Jaime/Rm 4

Cycle Challenge

9:30-10:25am
Rotation/Rm 4



10:45-11:30am
Anne/Rm 1

No class 11/12

***Yoga**

10:45-11:40pm
Tryshah/ Rm 4

Class Descriptions

Please wear comfortable clothing and shoes that allow movement.

Basic Training

This class is a physically challenging workout - designed 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.

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!

Cardio Kick Mix

Punch, kick, and jab your way through an action-packed workout! Kickboxing patterns, cardio intervals, and core training are combined in this high-energy workout to give an intense calorie burn to all levels of participants.

Cardio Sculpt -This class will focus on cardiovascular exercise and body sculpting. A great way to stay in shape and beat the exercise boredom while introducing something new.

Core & Deep Stretch- Exercises to strengthen abdominal and back muscles followed by deep stretching techniques to release all major muscle groups promoting greater flexibility and relief from post-exercise tightness. May use equipment such as chairs, weights, stability balls, blocks, tennis balls, and straps.

CXWORX™ based on scientific research cxworx is the ultimate way to get a strong core – 30 minutes of dynamic training that focuses on your abs, glutes, back & oblique's – improves functional strength and assists in injury prevention.

Cycle Challenge

This ride is a higher intensity, longer version (55 minutes) of Cycle Spin that will truly challenge your cardiovascular system and help improve endurance. The class is designed for fit individuals who want to take their spin workouts to another level.

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. (45 minutes)

Indo Row

A unique indoor rowing class that uses water as resistance to stimulate the authentic feel and sound of being on the water.

Mix It Up

A total body conditioning workout that includes, warm-up, stretching, muscular strengthening, endurance, joint integrity, and total body toning. Dumbbells, bands, and body bars may be used. All levels welcome.

Pilates

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

PiYo

A strength fusion style format that incorporates Pilates and Yoga for a total body workout.

Pure Stretch

Work on 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.

Row Fusion

Start your day with a splash. A combination of core exercises and indoor rowing provides an awesome total body workout. All levels welcome – bring water and a towel.

Tai Chi Basics

Ever wonder what "Tai Chi" 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. No pressure, just learning in a "giving environment."

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.

**Mount Vernon
RECenter**

2017 Belle View Blvd.
Alexandria, VA 22307
703.768.3224
703.803.3354 (TTY)

www.fairfaxcounty.gov/parks

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 Mary Malof - Fitness Director at

mary.malof@fairfaxcounty.gov.

