



SEPTEMBER-NOVEMBER

SOUTH RUN RECENTER DROP-IN GROUP FITNESS SCHEDULE







Monday	Tuesday	Wednesday	Thursday	Friday	
Basic Training Cardio 5:30-6:15am Kat 4	Yoga 7:30-8:25am Sima 1/2	Cycle Spin 5:30-6:25am Diane 3	Basic Training 5:30-6:15am John 4	Cycle Spin 5:30-6:25am Sarah 3	
Cycle Spin 5:30-6:25am Sarah G 3		Basic Training strength 5:30-6:15am Kat 4	Core Conditioning 7:30-7:55am Francesca 4	Balance Training 7:00-7:25am Michaela 4	
Kettlebell NEW 8:00-8:45am Laurie 4	Core 9:15-9:45am Dempsey 4	Yoga 7:30-8:25am Sima 1/2	Body Sculpting 8:00-8:45am Francesca 4	Agility Training 7:30-7:55am Michaela 4	
Cycle Spin 9:00-9:55am Steve 3	Cycle 10:00-10:45am Dempsey 3	Core Conditioning 7:30-7:55am Francesca 4	Cycle Spin 9:00-9:45am Kat 3	Yoga 7:30-8:25am Sherri 1/2	
Dance Flow Belly Dance 9:00-9:45am Francesca 4	Body Sculpting 10:00-10:55am Francesca A	Mix It Up 8:00-8:45am Francesca 4	LES MILLS BODYPUMP 8:55-9:50am Gail 4	Core Conditioning 8:00-8:25am Michaela 4	
Barre Techniques + Core 10-10:45am Francesca Core 10:30-10:45am A	NEW Kickboxing 11:00 - 11:55 am Akisha 4	Cycle Spin 9:00-9:55am Steve 3	Cardio Sculpt 10:00-10:25am A	Cycle Spin 9:00-9:55am Georgie G 3	
10:00 - 10:55am Gail 4	Pure Stretch 11:00-11:25am Francesca A	NEW TRX FIT 9:00-9:55am Linda CR 4	Core Conditioning 10:25-10:50am A	9:00 - 9:55am Gail 4	
Basic Training (older adults) 11:00-11:55am Gail 4	Dance Flow Belly Dance 11:30-11:55am Francesca A	Basic Training (older adults) 11:00-11:55am Julie 4	Pure Stretch 10:50-11:15am A	LES MILLS BODYPUMP 10:00-10:55am NEW Rebecca & Amy A	
Gentle Aerobics Noon-12:55pm Gail 4	Basic Training (older adults) Noon-12:55p Julie	Walleyball 11:00am-1:00pm	Yoga 11:00-11:55am Deb	Basic Training (older adults) 10:00-10:55am Gail 4	
LES MILLS BODYPUMP 1:05—2:00pm Gail A	Pure Stretch 1:00-1:25pm Julie A	Gentle Aerobics Noon-12:55pm Julie 4	LES MILLS BODYCOMBAT NEW 12:00 – 12:55pm Akisha 4	Gentle Aerobics 11:00-11:55am Gail 4	
1. Craft show <u>NO CLASSES</u> 11/3 after 1pm ▶ 11/5 2. Regular schedule Columbus/Veteran's Day 3. Turkey Burn 11/23-24 schedule posted 11/16 4. Toys for Tots 11/20-12/16 5. ECHO food/toiletry collection 11/23-12/20	Pilates 2:30-2:55pm Deborah A	Pure Stretch 1:00-1:25pm Julie 4	Basic Training (older adults) 2:30-3:15pm Gail 4	Pilates 2:30-2:55pm Deborah A	
	Tai chi 3:00-3:25pm Deborah A		NEW LES MILLS BODYPUMP 6:00-6:55pm Akisha A	Tai chi 3:00-3:25pm Deborah A	
	Senior yoga 3:30-3:55pm Deborah A		Core Conditioning 4:30-4:55pm Michaela 1/2	Barre Techniques 6:00-6:25pm Laurie 1/2	Senior Yoga 3:30-3:55pm Deborah A
	NEW Kickboxing 6:30-7:25pm Akisha 1/2		Balance Training 5:00-5:25pm Michaela 1/2	Pilates 6:30-6:55pm Laurie 1/2	Cycle Spin 6:30-7:25pm Dempsey 3
	Cycle Spin 7:10-8:05pm Paula 3		Agility Training 5:30-5:55pm Michaela 1/2	Core Conditioning 7:00-7:25pm Anne 4	<p>#9 Be Body Strong Healthy people come in all shapes and sizes. Improve strength to keep body and mind moving with ease.</p> <p>#10 Snacking Smart At home, school or on-the-go: Choose healthy food and drink.</p> <p>#11 On-Demand Wellness Use smart devices and Internet for tools that encourage healthy accountability.</p>
7:30-8:25pm Chris 1/2		Cycle Spin 6:30-7:25pm Sarah 3	Cycle Spin 6:30-7:25pm Paula 3		
Yoga 5:30-6:25pm Teresa A	Yoga 8:00-8:55pm Brenda A	Pilates 7:00-7:55pm Christine A	Step 7:30-7:55pm Anne 4		
6:30-7:25pm Akisha 1/2 LES MILLS BODYCOMBAT NEW	SCHOOL YEAR CHILDCARE Tuesday Thursday 6:00pm-8:30pm Tuesday Thursday Friday 9:00am-12:30pm		Yoga 7:00-7:55pm Teresa A		
Cycle Spin 6:30-7:25pm Dempsey 3			Cardio Sculpt 8:00-8:25pm Anne 4		
Dance Flow 8:00-8:55pm Anne 4			8:30 - 8:55pm Anne 4		



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

SATURDAY	
Cycle Spin 6:30-7:25am Tracy 3	
Core Conditioning 7:30-7:55am Anne 4	
Cardio Sculpt 8:00-8:25am Anne 4	
Step Challenge 8:30-8:55am Anne 4	
 8:00-8:55am Akisha A NEW	
1 st & 3 rd Saturday STARTS OCTOBER	
Cycle Spin 9:00-9:55am Georgie 3	
 9:00-9:55am Natalie A	
 9:00-9:55am Anne 4	
SUNDAY	
Cycle Spin 8:00-8:55am Ellen 3	
Barre Techniques 8:00-8:25am Anne 4	
Core Conditioning 8:30-8:55am Anne 4	
Step Challenge 9:00-9:55am Anne 4	
Cycle Spin 9:05-10:00am Tracy 3	
 10:00-10:55am Anne 4	
 4:15-5:10 pm Amy/Wendy CR 4	

South Run

RECenter

7550 Reservation Drive

Springfield, VA 22153

703.324.9243/703.866.0566

703.803.3354 (TTY)

www.fairfaxcounty.gov/parks

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

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

Balance Training helps you improve coordination, balance and performance while reducing injury risk using fitness tools specifically designed to help improve balance.

Basic Training is a challenging workout with design to tone and strengthen both body and mind, using a combination of calisthenics, floor exercises and drills. It's the ideal workout for kids/family (Sunday) and the intermediate to advanced exercise participant who wants to mix things up.



The original barbell class that strengthens major muscle groups by using weight-room exercises, like squats, presses, dead lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results. See the list of registration (fee-based) classes: www.fairfaxcounty.gov



Punch and kick for 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.

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.

Cardio Sculpt- focuses on cardiovascular exercises 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.

Core Conditioning emphasizes sculpting and strengthening the trunk with its major muscle groups-feel your abs, glutes, hip, back and chest muscles like never before!

Cycle Spin Come join indoor cycling and get rolling! It's an invigorating workout great for everyone, allowing riders to work at their own pace, whether beginner, intermediate, or advanced. Water bottle and towel are necessary.

Dance Flow Discover the dancer inside f with this fun workout for body, mind, and spirit. You will enjoy being led on a movement journey through both world and popular music to inspire passion and joy in everyone! No dance experience is necessary.

Gentle Aerobics 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.

Kettlebell training is an excellent way to burn fat while building strength and power with just the right amount of controlled, explosive movement. Learn how to safely execute kettlebell technique and how to make appropriate modifications that will work every major muscle group in the body. The workout is comprehensive, fun and much different than your regular weight training routine.

Kickboxing Learn skills needed to ensure your confidence and success in any kickboxing class. Kicks and punches will be demonstrated and practiced with modifications.

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 different fitness equipment. All levels of enthusiasts welcome.

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

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.

Senior Yoga A beginner class that's slower and gentler to teach 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.

Step Challenge Pick up the pace a bit! This beginner to intermediate step class offers creative, slightly more challenging step combinations to provide an exciting workout for the mind and the body.

Tai Chi Basics learn 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 mental and physical strength. All levels welcome; this class is preparation for Tai Chi I.

TRX Fit Take the skills learned in the fundamentals class and put it all together for a great suspension training workout. Challenge your body with radically different perspectives on common exercises using unique, suspended positions. Body weight + TRX straps = results.

Wallyball This awesome sport adds a whole new dimension to the exciting game of volleyball. Featured in a racquetball court, with the element of surprise as an ordinary volley can go a whole new direction.

Yoga teaches 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.



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.

Classes included with RECenter pass. Non-members pay general admission. May need to show proof of county resident/student ID for discount.

Calendar subject to change. Fitness Director laurie.strickland@fairfaxcounty.gov.