



# JOIN THE FUN! DROP-IN GROUP FITNESS

Add a dose of motivation to your workouts with **group fitness classes**. Our Park Authority Fitness Team has put together a variety of classes that offer a fun and challenging alternative to routine weight training and cardio machines throughout the last week of October 2022. These dynamic classes are offered at all Rec Centers. Our instructors are ready to teach to all fitness levels and are trained to provide modifications and progressions when needed.

- Oak Marr Rec Center | **Surge Fitness**, Monday, 10/17/22 at 6 p.m.
- Lee District Rec Center | **Yoga**, Thursday, 10/20/22 at 7 p.m.
- Spring Hill Rec Center | **Pop Pilates**, Friday, 10/21/22 at 10 a.m.
- Mount Vernon Rec Center | **Basic Training**, Monday, 10/24/22 at 6 p.m.
- Audrey Moore Rec Center | **Cardio Sculpt**, Tuesday, 10/25/22 at 6:15 p.m.
- Providence Rec Center | **Doonya: The Bollywood Workout**, Thursday, 10/27/22 at 6 p.m.
- Cub Run Rec Center | **Yoga**, Friday, 10/28/22 at 7 a.m.
- South Run Rec Center | **Mix It Up**, Saturday, 10/29/22 at 9 a.m.


Visit <https://www.fairfaxcounty.gov/parks/reccenter/schedules> to see our full Drop-In Group Fitness schedules and class descriptions. Classes featured in October are included with the cost of general admission to a Rec Center. Questions? Email Julie Frederickson, Fitness and Wellness Section Manager, [Julie.Frederickson@fairfaxcounty.gov](mailto:Julie.Frederickson@fairfaxcounty.gov).



FAIRFAX COUNTY PARK AUTHORITY  
**Rec CENTERS**



**No registration required. Just show up!**

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A publication of  
Fairfax County, Va. • 10/22