



The Fit in 30 class packs a lot of exercise in a little time.

## Park Authority Introduces New Drop-In Fitness Classes

Spice up your gym routine with drop-in group fitness classes – free with your RECenter membership or daily admission! With hundreds of class offerings each week, there’s an option to suit all fitness levels and busy schedules.

One of the newest classes is Fit in 30 at Audrey Moore RECenter. Using weights and your own body for resistance, you get a total-body workout in just 30 minutes. “I love it,” said student Monica Moore of Annandale. “It’s super-efficient, you get a really good workout in a short amount of time, and the instructor varies exercises from week to week.”

For more intensity, try 30/30/30 – a new combo class that starts with 30 minutes of cardio and strength-training followed by 30 minutes of core work and 30 minutes of stretching to improve flexibility. You can pick just one, two or all three 30 minute segments.

Silver Sculpt is geared toward the 55+ crowd and anyone else who wants a great workout that’s easy on the joints. The new, 55-minute class begins with a stretching warm-up and progresses with low-intensity cardio exercises, strength-training with weights and stability ball exercises for balance. “I think it’s excellent,” said Phyllis LaPlante of Fairfax during a recent session at Providence RECenter. “The Qigong elements promote energy and the exercises help with strength and balance.”

For more intensity, try Les Mills BodyCombat, a new, high-energy, martial arts-inspired workout that challenges you to punch and kick your way to fitness. Or, check out High Fitness, a new choreographed interval-training class with intense cardio peaks and toning tracks set to music you know and love.

Several other new classes complement our established drop-in options including Zumba, Pilates, Yoga, TRX and many more. Visit the web to see the fitness calendar at each RECenter, and give your gym routine a boost with drop-in group fitness classes.

Group fitness calendars are available at all Fairfax County RECenters and online at [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks). Classes vary by location, and your RECenter membership gives you free access to drop-in fitness classes at all Fairfax County RECenters!

The Silver Sculpt class, taught by 73-year-old Richard Chew, mixes East Asian arts with light cardio for a well-balanced workout.