



4630 Stonecroft Blvd. • Chantilly, VA 20151 • 703.817.9407

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Deep Water Fitness</b> *8:30-9:25 AM Michelle / Competition Pool <b>No Class 5/25</b>	<b>*NEW* Body Sculpt</b> 9:00-9:55 AM Julie / MPR1	<b>BODYPUMP™</b> 8:30-9:25 AM Peggy / MPR1	<b>Mix It Up</b> 10:00-10:55 AM Vivianne / MPR1	<b>BODYPUMP™</b> 8:30-9:25 AM Peggy / MPR1	<b>BODYPUMP™</b> 7:00-7:55 AM Melanie / MPR1
<b>Mix It Up</b> 10:00-10:55 AM Tim / BP or MPR1	<b>Pilates</b> 10:00-10:55 AM Melissa / MPR1	<b>Water Walking</b> *9:30-10:25 AM Michelle/Shallow/Leisure	<b>Yoga</b> 11:00-11:55 AM Abigail / MPR1 or Circle	<b>Dance Flow</b> 10:00-10:55 AM Tim / MPR1	<b>BODYCOMBAT</b> 8:00-8:55 AM Melanie / MPR1
<b>Yoga</b> 11:00-11:55 AM Melissa / MPR1	<b>Bootcamp</b> 5:00-5:55 PM Jullie / MPR1	<b>Fitball Conditioning</b> 10:00-10:55 AM Tim / BP or MPR1	<b>⚡ Cycle/Pilates</b> 5:00-5:55 PM Julie / MPR1	<b>Pilates</b> 11:00-11:55 AM Melissa / MPR1	<b>Cycle Spin</b> 9:00-9:45 AM Julie / MPR1
<b>Cardio Sculpt</b> 4:40-5:25 PM Tim / MPR1	<b>Zumba®</b> 6:00-6:55 PM Eve / MPR1	<b>Yoga</b> 11:30-12:25 PM Melissa / MPR1	<b>Zumba®</b> 6:00-6:55 PM Patricia / MPR1	<b>Yin Yoga</b> 12:00-12:55 PM Melissa / MPR1	<b>Zumba®</b> 9:00-9:55 AM Bindu / MPR2
	<b>Fit Circuit</b> 7:00-7:55 PM Julie / MPR1	<b>Dance Flow</b> 12:30-1:25 PM Tim / MPR1			<b>BODYPUMP™</b> 10:00-10:55 AM Fred & Irene / MPR1
<b>JOIN US FOR OUR OPEN HOUSE May 7<sup>th</sup> from 4:30-7:30 PM!</b>					
<b>Zumba®</b> 5:00-5:55 PM Laila / MPR2	<b>Water X</b> 7:00-7:55 PM Michelle / Shallow / Leisure <b>No Class 5/26</b>	<b>BODYPUMP™</b> 5:30-6:25 PM Melanie / MPR1	<b>Can't make it in person? Check out our virtual Healthy Strides Community Class list:</b> <a href="https://www.fairfaxcounty.gov/parks/healthy-strides">https://www.fairfaxcounty.gov/parks/healthy-strides</a>  	<b>Zumba®</b> 6:00-6:55 PM Patricia / MPR1	<b>Sunday</b>
<b>BODYPUMP™</b> 5:30- 6:25 PM Peggy / MPR1	<b><i>Fitness Center Orientations are available! Contact the fitness director Cristian Gonzalez to make an appointment: Cristian.Gonzalez@fairfaxcounty.gov</i></b>	<b>Yoga</b> 6:00-6:55 PM David /MPR2 /Circle		Request personal training by scanning the QR code or by visiting: <a href="http://www.fairfaxcounty.gov/parks/reccenter/personal-training">www.fairfaxcounty.gov/parks/reccenter/personal-training</a>	<b>Zumba®</b> 8:50-8:45 AM Patricia / MPR2
<b>Pure Stretch</b> 6:00-6:55 PM Jennifer/Circle or MPR2		<b>Body Sculpt</b> 7:00-7:55 Julie / MPR1		<b>⚡ Class in danger of cancellation due to low attendance.</b>	
		<b>New Zumba®</b> 8:00-8:55 PM Doris Le / MPR1		<b>* Indicates a change or new class</b>	

These classes are included with your Rec Center membership. Non-members pay the general admission rate at the 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 Rec Center with questions or concerns.

For questions or comments regarding the schedule, please e-mail the Fitness Director at [cristian.gonzalez@fairfaxcounty.gov](mailto:cristian.gonzalez@fairfaxcounty.gov).



**For Inclusion and ADA Support call 703.324.8563 • TTY Va. Relay 711.**

## Course Description

**Basic Training** – This class is 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.

**Body Sculpt** – A lighter total body workout open to all levels of participants; this class focuses on general muscle conditioning using a variety of equipment.

**Bootcamp** – Fun, physical training that may include calisthenics, floor exercise and outdoor work. Great for the intermediate or advanced exerciser who is looking to mix things up a bit.

**BODYCOMBAT** – Punch and kick your way to fitness, burning lots of calories. This high-energy martial art inspired workout is totally non-contact with no complex moves to master. A LES MILLSTM 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™** – The original, preformatted barbell class that strengthens your entire body. Challenge 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 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!

**Cycle/Pilates** – The best of both worlds - cycle spin fused with Pilates workout to give you a dynamic, full body workout. Bring a mat, towel, and water.

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

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

**Fitball Conditioning** – Use a variety of fitness balls to work the entire body for improvement in every area of fitness. Balls add an element of play to any exercise program, combating boredom and keeping the mind and body feeling young!

**Fit Circuit** – Combining both cardio and strength building exercises to get your heart pumping and muscles working. This exciting class targets all major muscle groups using a format of three-minute-segments on various equipment – bikes, weights, steps, balls, bodyweight etc. Are you ready for the circuit challenge?

**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 are welcome.

**Pilates** – A class for the Pilates beginner, the mat workout is designed to teach fundamental concepts, basic movements, breathing, and modifications. This class is excellent preparation for the Pilates Level I class.

**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.

**Strength Circuit** – This is the perfect way to test the limits of your body. This resistance-based class will use strengthening exercises incorporating BOSU®, dumbbells, resistance bands, and much more! All levels are welcome.

**Yin Yoga** – Postures are held for longer periods (1-5 min. each), targeting connective tissues, joints, and fascial networks. You will stretch all major muscle groups to help improve flexibility, regain range of motion, reduce pain, and prevent injuries. Bring a mat, towel, bolster, blanket, and pillow to each class.

**Yoga** – This beginner class is designed 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.

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

**Room Codes:** FS=Fitness Studio; MB=Mind-Body Studio; FC=Fitness Center (service desk area)

**Please wear sneakers and comfortable clothing that allow free movement.**

**Twelve is the minimum age for drop-in class participants.**



# HEALTHY STRIDES COMMUNITY CLASSES

## Virtual Community Fitness Classes

Join some of your favorite Rec Center instructors for livestreamed fitness classes.

Click on Weekly Schedule to view classes.

**2025 Virtual Fitness Classes**  
Weekly Schedule  
[www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yoga</b> 8:00 am - 9:00 am Christine M. 	<b>Yoga</b> 8:00 am - 9:00 am Christine M. 	<b>Yoga</b> 8:00 am - 9:00 am Christine M. 	<b>Yoga</b> 8:00 am - 9:00 am Christine M. 	<b>Yoga</b> 8:00 am - 9:00 am Christine M. 	<b>Yoga</b> 8:00 am - 9:00 am Christine M. 	<b>Yoga</b> 8:00 am - 9:00 am Christine M. 
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For more information, contact your local Rec Center at 703.241.4321. © 2025 Fairfax County Parks and Recreation Department.