

# May 2026

## DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Toning 9:30-10:25 AM Suja/MP	Cycle/Row Challenge 6-6:45am Shirl/MP	Hatha Yoga 815am-9:10am Nilina/MP <b>**NEW CLASS**</b>	Cycle/Row Fusion 6-6:55am Shirl/MP		Yoga 8:15-9:10am Roxann/DR
Strength & Circl Mobility 10:30-11:25AM Michelle/ FS <b>**NO CLASS 5/25**</b>	Yoga 9-9:55am Nicki E/ FS	Pilates w/ Props 9-9:50am Shirl/ FS	Zumba 9:30-10:25 AM Isabel/ MP	Zumba 9:30-10:25 AM Suja/MP	Body Combat 10:00-10:55 AM Jennifer/Basketball Court
	Zumba 9:30-10:25 AM Isabel/MP	Zumba 9:30-10:25 AM Suja/MP	Strong Nation 10:30-11:25am Isabel/ MP		
Gentle Cardio 10:35-11:30 AM Shirl/MP <b>**NO CLASS 5/25**</b>	Strong Nation 1030-11:25 AM Isabel/MP	Silver Sculpt 1030-11:25AM Isabel / MP		Fit Circuit 9:30-10:25AM Isabel/ FS	Pure Stretch 11:00-11:30 AM Jennifer/ Basketball Court Outside
Cycle Spin 11:40-12:35PM Shirl/ MP <b>**NO CLASS 5/25**</b>		Zumba Step 11:30-12PM Isabel / MP	Cycle Spin 5:00-5:55 PM Shirl/ MP	Strength & Circl Mobility 10:30-11:25AM Michelle/ FS <b>**NO CLASS 5/22**</b>	
<b>Sunday</b>					
	Zumba 6:30-7:25 PM Suja/DR	Yoga 1-1:55 PM Kristina/MP	Zumba 6:30-7:25 PM Suja/DR		Yoga 8:15-9:10am Nilina/MP
	Power Yoga 7:00-7:55 PM Nilina/FS <b>**NEW CLASS**</b>	Mix-It-Up 6:30-7:25 PM Nancy P / MP	Visit our Open House Thursday May 7 <sup>th</sup> 430pm-730pm	<b>Aquatic Spotlight Class:</b>  Arthritis Water Exercise: 10:15am - 11:10am Thursday Sheila	Cycle Spin 930-10:25am Annie/MP
Rowing 7:30-8:25pm Shirl/ MP					Barre Techniques 4:00-4:55pm Shirl/ DR <b>**NO CLASS 5/24**</b>



## **Class Descriptions**

### **Gentle Cardio**

Take a class that 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 floorwork at the end.

### **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 of 45 minutes.

### **Strong Nation (Beginner - Intermediate)**

STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. This class is tailored for all participants.

### **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 your Barre class.

### **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.

### **Zumba and Zumba Toning**

Exercise your body and energize your soul in these exciting aerobics class formats. Tone up as you get down with energetic Latin music, rhythms, and dance moves.

Looking to strengthen and tone your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dancefloor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

### **Mix it Up**

Fight fitness boredom and get out of that exercise rut with a class that mixes cardiovascular training, body sculpting, and stretching. All levels of fitness enthusiasts' welcome.

### **Pilates**

A class for the Pilates beginner, the mat workout is designed to teach fundamental concepts, basic movements, breathing, and modifications.

### **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.

### **Silver Sculptm**

Enjoy a weight training class at a lower intensity that is appropriate for all ages. Learn to safely use all types of strength training equipment- even your own bodyweight-in fun innovative ways. The benefits of functional strength are many, including greater bone density improved coordination, better balance, and increased lean muscle.

### **Body Combat**

This class brings together elements of Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu in a fun and easy-to-follow way. You don't need any martial arts experience. This class will get you fit, fast and strong – and leave you feeling fierce and empowered.

### **Arthritis Water Exercise**

Shallow water exercise using water's buoyancy and resistance will help improve your overall range of motion, joint mobility and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.

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 e-mail the Fitness Director at [morgan.buck@fairfaxcounty.gov](mailto:morgan.buck@fairfaxcounty.gov)

**Room Codes: FS=Fitness Studio; MP= Multi Purpose Room; L1=Parking Lot 1; G3 =Gym #3; DR=Dance Room ; TH=Treehouse**

**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>#1000</b> 8:00 am - 9:00 am 10000 ft.	<b>Yoga 101</b> 9:00 am - 10:00 am 10000 ft.	<b>Yoga</b> 10:00 am - 11:00 am 10000 ft.	<b>Yoga</b> 11:00 am - 12:00 pm 10000 ft.	<b>Yoga 101</b> 12:00 pm - 1:00 pm 10000 ft.	<b>Strength 101</b> 1:00 pm - 2:00 pm 10000 ft.	<b>Yoga</b> 2:00 pm - 3:00 pm 10000 ft.
<b>Yoga 101</b> 3:00 am - 4:00 am 10000 ft.		<b>Yoga 101</b> 4:00 am - 5:00 am 10000 ft.		<b>Yoga 101</b> 5:00 am - 6:00 am 10000 ft.	<b>Yoga 101</b> 6:00 am - 7:00 am 10000 ft.	<b>Yoga 101</b> 7:00 am - 8:00 am 10000 ft.
<b>Yoga</b> 8:00 am - 9:00 am 10000 ft.	<b>Strength 101</b> 9:00 am - 10:00 am 10000 ft.	<b>Yoga</b> 10:00 am - 11:00 am 10000 ft.	<b>Please do not return to all days. Please return when you are able to attend.</b>	<b>Yoga</b> 11:00 am - 12:00 pm 10000 ft.		<b>Yoga 101</b> 12:00 pm - 1:00 pm 10000 ft.
<b>Yoga</b> 1:00 pm - 2:00 pm 10000 ft.	<b>Yoga</b> 2:00 pm - 3:00 pm 10000 ft.	<b>Yoga 101</b> 3:00 pm - 4:00 pm 10000 ft.		<b>Yoga 101</b> 4:00 am - 5:00 am 10000 ft.	<b>For directions to join a class on Microsoft Teams, go to: <a href="http://www.fairfaxcounty.gov/parks/healthy-strides">www.fairfaxcounty.gov/parks/healthy-strides</a></b>	<b>Yoga 101</b> 5:00 pm - 6:00 pm 10000 ft.
<b>Yoga 101</b> 6:00 pm - 7:00 pm 10000 ft.	<b>Yoga 101</b> 7:00 pm - 8:00 pm 10000 ft.	<b>Yoga 101</b> 8:00 pm - 9:00 pm 10000 ft.	<b>Yoga</b> 9:00 pm - 10:00 pm 10000 ft.			<b>Yoga 101</b> 10:00 pm - 11:00 pm 10000 ft.

For more information, contact the Office of Parks and Recreation at 703.246.4321. TTY: 703.246.4322. [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

**REC CENTERS**