

Mount Vernon RECenter Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Outdoor Cycle Spin</u> Shirl 6:30 am Sundeck KUS.AWDL	<u>Outdoor Mix It Up</u> Sadie 9:00 am Parking Lot 2 F8R.1CAA	<u>Outdoor Cycle Spin</u> Shirl 6:30 am Sundeck KUS.L77G	<u>Outdoor Boot Camp</u> Sadie 9:00 am Parking Lot 2 6YY.2NG9	<u>Outdoor Cycle Spin</u> Shirl 6:30 am Sundeck KUS.HOV1	<u>Outdoor Yoga</u> Roxann 8:15 am Parking Lot 2 KS3.PK9Z	<u>Outdoor Yoga</u> Jaime 8:15 am Parking Lot 2 KS3.WKOU
<u>Outdoor Mix It Up</u> Brenda 9:00 am Parking Lot 2 F8R.P1ZD	<u>Outdoor Cycle Spin</u> Shirl 5:00 pm Sundeck KUS.GJ8B	<u>Outdoor Indo Row</u> Brenda 9:00 am Sundeck DDE.5ZGD	<u>Outdoor Cycle Spin</u> Shirl 5:00 pm Sundeck KUS.ANS5	<u>Outdoor Yoga</u> Kristina 8:00 am Parking Lot 2 KS3.218G	<u>Outdoor Pilates</u> Christine 9:00 am Sundeck VR7.97Z0	<u>Outdoor Cycle Spin</u> Anne 9:00 am Sundeck KUS.A5KF
	<u>Outdoor PiYo</u> Alyssa 6:00 pm Parking Lot 2 YL3.L1FF	<u>Outdoor Yoga</u> Julie 6:00 pm Parking Lot 2 KS3.MRVR	<u>Outdoor Yoga</u> Geoff 6:00 pm Parking Lot 2 KS3.TFYD	<u>Outdoor Pilates</u> Shirl 9:00 am Sundeck VR7.79X2		
	<u>Outdoor Boot Camp</u> Nancy 6:15 pm Sundeck 6YY.NPBU					

Outdoor fitness classes are now open for registration. Links in this document will take you directly to the class registration page.

Classes will begin the week of Saturday 6/27/2020 - Friday 7/3/2020.*

For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: Mary.Malof@fairfaxcounty.gov

*Some exceptions apply, classes with an asterisk after the title will start after 7/3/20. Follow the link for specific start dates.



For accommodations, contact Inclusion and ADA Support at (703)324-8563. TTY Va. Relay 711.

www.fairfaxcounty.gov/parks/accessible