




MOUNT VERNON REC CENTER

March 2026

DROP-IN GROUP FITNESS SCHEDULE

2017 Belle View Blvd, Alexandria, VA 22307 • 703.768.3224

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Spin 6:00-6:55am Nancy / ER4	Zumba 5:30-6:25 AM Jessica / ER1&2	H.I.I.T. 7:15-8:00 AM Beth / ER4	Pilates 8:00-8:55 AM Shirl / ER1	Zumba 5:30-6:25 AM Jessica / ER1&2	Cardio Sculpt 8:00-8:55am India/ ER4
*H.I.I.T. 7:15-8:00 AM Beth / ER4		Total Body Strength 8:15-9:10 AM Beth / ER4	*Strength Circuits 9:30-10:25 AM Nicki S./ ER4	H.I.I.T. 7:15-8:10 AM Christian/ FZ	Zumba 8:30-9:25 AM Nicki S./Isabel / ER1&2
*Core Cond. 7:30-8:25 AM Nancy / ER1		Zumba 9:00- 10:00 AM Isabel / ER1&2	Yoga 9:00-9:55 AM Nicki E. / ER1	Body Pump 7:30-8:25 AM Sofia / ER4	Core Conditioning 9:30-10 AM Nicki S./ Isabel / ER1&2
Strength & CIRCL Mobility™ 8:30-9:25 AM Nicki S. / ER1&2				Pilates 8:00-8:55 AM Shirl / ER1	Yoga 8:00-8:55 AM Rebecca / ER3
Yoga 9:00-9:55 AM Nicki E. / ER3	Cardio Sculpt 9:30-10:25am India/ ER4	Pure Stretch 12:00-12:55 PM Sadie / ER1	Gentle Cardio 10:30-11:25 AM Shirl / ER1	Total Body Strength 8:30-9:25 AM Christian / ER1	*H.I.I.T. 10:05-11:00 AM Nancy / ER1
Zumba 9:30-10:25 AM Nicki S. / ER1&2	Gentle Cardio 10:30-11:25 AM Shirl / ER1			Yoga 9:30-10:25 AM Ky / ER3	*Warrior Rhythm 10:30-11:25 AM Sadie / ER4
Body Pump 9:30-10:25 AM Nekea / ER4	Cycle Spin 12:00-12:55 PM Irena/ ER4	Total Body Strength 1:10-1:55 PM Donna/ ER1	*Cycle Spin 12:00-12:55 PM Donna/ ER4	*Zumba 9:30-10:25 AM Nicki S. / ER1&2	Pilates 11:30 AM-12:25 PM Irena/ ER3
Yoga 1:00-1:55 PM Ky / ER1	Pilates 1:00-1:55 PM Irena/ ER1&2	Pilates 5:00-5:55 PM Nekea / ER1	Check out FCPA Parktakes Exercise and Physical Fitness classes! fairfaxcounty.gov/parks/parktakes	*Strength & CIRCL Mobility™ 10:30-11:25 AM Nicki S. / ER1&2	Zumba 8:30-9:25 AM Jessica / ER1&2
	*Warrior Combat 5:00- 5:55 PM Sadie/ ER1				
*Cycle Spin 5:15-6:10 PM Clarence/ ER4	H.I.I.T. 6:00-6:55 PM Nancy / ER1	*Cycle Spin 5:15-6:10 PM Clarence/ ER4		Body Balance 10:30-11:25 AM Nekea / ER4	Core Conditioning 10:30-11:25 AM Irena ER1
Core Conditioning 6:25- 6:50 PM Jared/ ER4	S'WET Shallow 6:15PM Amanda/ Pool	Body Pump 6:30- 7:25 PM Sadie/ ER4		Cycle Spin 6:00-6:55 PM Nancy / ER4	*Cycle Spin 10:30-11:25 AM Clarence / ER4
*Body Pump 7:00- 7:55 PM Sofia/ ER4	Yoga 6:30- 7:25 PM Reena/ ER4	Yoga 7:00-7:55 PM Julie M. / ER1	Zumba 6:30-7:25 PM Jessica / ER1&2	Yoga 12:00-12:55 AM Ky / ER1	Body Pump 3:15-4:10 PM Sofia / ER4
	Zumba 7:00-7:55 PM Jessica / ER1&2		Cycle Spin 5:15- 6:10 PM Clarence/ ER4	Pilates 4:30- 5:25 PM Sofia / ER1&2	

Sunday



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

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 Fairfax 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 Joshua.Allen2@fairfaxcounty.gov.

Class Descriptions

Basic Training

This class is a 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.

BODYBALANCE™

Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

BODYPUMP™

The Original Barbell Class. The ideal workout for anyone looking to get lean, toned and fit-fast.

Core Conditioning

This class emphasizes sculpting and strengthening the trunk with its major muscle groups—feel your abs, glutes, hip, back and chest muscles like never before.

Warrior Rhythm

Fitness-focused with yoga undertones, WARRIOR Rhythm increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights, and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

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. The class is limited to the first 13 participants.

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.

High Intensity: HIIT

HIIT is total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. All levels welcome.

MixedFit®

This dance fitness program combines explosive movements with body-sculpting exercises. It's a high-energy class that features easy-to-follow choreography set to today's hottest hits. You'll be dancing to a wide range of genres, from Hip Hop and Pop to Reggae and Soca. Get ready to sweat, have fun, and unleash your inner pop star!

Zumba®

Dance your way into fitness with a fun, energetic, easy way to exercise. Zumba is a high/low cardio workout using the hottest Latin music and moves, as well as other world genres.

Pilates

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

Strength & CIRCL Mobility™

Enhance your strength, flexibility, and movement quality in this full-body class that blends functional resistance training and mobility work. This class helps you build muscle, improve your flexibility, and increase your range of motion through fluid, science-backed mobility sequences and resistance-based strength training. Through a combination of flow sequences, bodyweight exercises, and weight lifting you will improve not only everyday function but also build strong bones, support joint health, and reduce the risk of injury as you move through life.

Yoga

In this beginner class to teach newcomers, the fundamental concepts of yoga, basic postures and breathing techniques will be practiced.

WARRIOR Combat

Boxing inspired, powerful, and fierce. It is for everybody and every BODY. WARRIOR Combat has two 30-minute sections. These sections are distinguished by timed intervals and moves synchronized to music. Both include boxing combinations, HIIT training, total body strength and aerobic conditioning.

Total Body Strength

A fun total body strength class. Designed to strengthen and tone muscles while increasing stamina, agility, and balance.

The Calendar is subject to change due to instructor and room availability.

*Indicates a change or new class.

⚡ The class is in danger of cancellation due to low attendance. The current month will run as scheduled.



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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, and click on the descriptions to learn more about each class.

Weekly Schedule & Class Descriptions

   2025 Virtual Fitness Classes Weekly Schedule www.fairfaxcounty.gov/parks/healthy-strides						
SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 8:00 am - 9:00 am 10000 St.	Yoga 8:00 am - 9:00 am 10000 St.	Yoga 8:00 am - 9:00 am 10000 St.	Yoga 8:00 am - 9:00 am 10000 St.	Yoga 8:00 am - 9:00 am 10000 St.	Strength 8:00 am - 9:00 am 10000 St.	Yoga 8:00 am - 9:00 am 10000 St.
Yoga 9:00 am - 10:00 am 10000 St.		Yoga 9:00 am - 10:00 am 10000 St.		Yoga 9:00 am - 10:00 am 10000 St.	Yoga 9:00 am - 10:00 am 10000 St.	Yoga 9:00 am - 10:00 am 10000 St.
Yoga 11:00 am - 12:00 pm 10000 St.	Strength 11:00 am - 12:00 pm 10000 St.	Yoga 11:00 am - 12:00 pm 10000 St.	Please do not post on social media during virtual classes.	Yoga 11:00 am - 12:00 pm 10000 St.		Yoga 11:00 am - 12:00 pm 10000 St.
Yoga 1:00 pm - 2:00 pm 10000 St.	Yoga 1:00 pm - 2:00 pm 10000 St.	Yoga 1:00 pm - 2:00 pm 10000 St.		Yoga 1:00 pm - 2:00 pm 10000 St.	For directions to join a class, see the "How to Join" page at www.fairfaxcounty.gov/parks/healthy-strides.	Yoga 1:00 pm - 2:00 pm 10000 St.
Yoga 3:00 pm - 4:00 pm 10000 St.	Yoga 3:00 pm - 4:00 pm 10000 St.	Yoga 3:00 pm - 4:00 pm 10000 St.	Yoga 3:00 pm - 4:00 pm 10000 St.			Yoga 3:00 pm - 4:00 pm 10000 St.
Yoga 5:00 pm - 6:00 pm 10000 St.	Yoga 5:00 pm - 6:00 pm 10000 St.	Yoga 5:00 pm - 6:00 pm 10000 St.	Yoga 5:00 pm - 6:00 pm 10000 St.			Yoga 5:00 pm - 6:00 pm 10000 St.

For accommodations, contact Inclusion and Accessibility at 703.241.4321 TTY: 703.241.4322

