




# MOUNT VERNON REC CENTER

## July 2025

## DROP-IN GROUP FITNESS SCHEDULE

2017 Belle View Blvd, Alexandria, VA 22307 • 703.768.3224

Classes in *blue* will begin the week of July 7<sup>th</sup>!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Cycle Spin</i> 6:00-6:55am Nancy / ER4 <i>*Cancelled/July 7<sup>th</sup>&amp;21<sup>st</sup></i>	<i>Cycle Spin</i> 6:45-7:40am Clarence/ ER4	<i>Cycle Spin</i> 6:45-7:40am Clarence/ ER4	<i>High Intensity: HIIT</i> 7:15-8:00 AM Christian/ Functional Zone	<i>High Intensity: HIIT</i> 7:30-8:25 AM Lauren / ER1 <i>*Cancelled/July 4th</i>	<i>Zumba</i> 8:30-9:25 AM Nicki S. / ER1
<i>Core Conditioning</i> 7:30-8:25 AM Nancy / ER1 <i>*Cancelled/July 7<sup>th</sup>&amp;21<sup>st</sup></i>	<i>Pilates</i> 8:00-8:55 AM Shirl / ER3	<i>High Intensity: HIIT</i> 7:30-8:25 AM Lauren / ER1 <i>*Cancelled/ July 2nd</i>	<i>Pilates</i> 8:00-8:55 AM Shirl / ER1	<i>Yoga</i> 8:00-8:55 AM Rebecca / ER3	<i>High Intensity: HIIT</i> 9:00-9:55 AM Nancy / ER4
<i>Strength &amp; CIRCL Mobility™</i> 8:30-9:25 AM Nicki S. / ER2	<i>Gentle Cardio</i> 10:30-11:25 AM Shirl / ER1	<i>Core Conditioning</i> 8:30-9:25 AM Lauren / ER1 <i>*Cancelled/July 2nd</i>	<i>Yoga</i> 9:30-10:25 AM Nicki E. / ER3 <i>*Cancelled July 3<sup>rd</sup>/ Sub July 10th</i>	<i>Core Conditioning</i> 8:30-9:25 AM Lauren / ER1 <i>*Cancelled/July 4th</i>	<i>Strength &amp; CIRCL Mobility™</i> 9:30-10:25 AM Nicki S. / ER1 <i>*Cancelled July 5<sup>th</sup>&amp;12th</i>
<i>Zumba</i> 9:30-10:25 AM Nicki S. / ER1	<b><u>The Calendar is subject to change due to instructor and room availability.</u></b> <i>*Indicates a change or new class.</i> ⚡ The class is in danger of cancellation due to low attendance. The current month will run as scheduled.		<i>Classes Highlighted in Blue will begin the week of July 7<sup>th</sup>!</i>	<i>Yoga</i> 9:30-10:25 AM Ky / ER3 <i>*Sub July 18th</i>	<b>Sunday</b>
<i>Yoga</i> 9:30-10:25 AM Nicki E. / ER3 <i>*Sub/July 7<sup>th</sup>&amp;14th</i>			<i>Gentle Cardio</i> 10:30-11:25 AM Shirl / ER3	<i>Zumba</i> 9:30-10:25 AM Nicki S. / ER1 <i>*Cancelled/July 4th</i>	<i>High Intensity: HIIT</i> 9:30-10:15 AM Christian/ Functional Zone
<i>Body Pump</i> 9:30-10:25 AM Nakea / ER1	<i>Basic Training</i> 6:00-6:55 PM Nancy / ER1 <i>*Cancelled/July 8th</i>	<i>Total Body Strength</i> 1:00-1:55 PM Donna/ ER1	<i>Yoga</i> 5:30-6:25 PM Vivian / ER1-ER2	<i>Strength &amp; CIRCL Mobility™</i> 10:30-11:15 AM Nicki S. / ER1 <i>*Cancelled/July 4th</i>	<i>Cycle Spin</i> 10:30-11:25 AM Clarence / ER4
<i>Yoga</i> 2:00-2:55 PM Ky / ER3	<i>Check out FCPA Parktakes Exercise and Physical Fitness classes!</i> <a href="https://fairfaxcounty.gov/parks/parktakes">fairfaxcounty.gov/parks/parktakes</a>	<i>Les Mills: Body Pump</i> 6:00-6:55 PM Nakea / ER1	<i>Cycle Spin</i> 6:00-6:55 PM Nancy / ER4 <i>*Cancelled July 10<sup>th</sup></i>	<i>Body Balance</i> 10:30-11:25 AM Nekea / ER3 <i>*Cancelled/July 4th</i>	<i>Core Conditioning</i> 11:00-11:55 AM Lauren / ER1
<i>MixedFit</i> 7:15-8:10 PM Julie R. / ER1		<i>Yoga</i> 7:00-7:55 PM Julie M. / ER1 <i>*Cancelled July 16<sup>th</sup>&amp;30th</i>			



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

## 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, 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!

### 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.

### 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 15 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!

### Pilates

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

### Strength & CIRCL Mobility™

Strength & CIRCL Mobility™: Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. RELEASE. RESTORE. RENEW. Release- Reduce stiffness and tension to feel your best. Restore- Help speed up recovery while also improving balance and focus. Renew- Stimulate your body's nervous system to enhance muscle activation and circulation.

### Step Challenge

Pick up the pace a bit. This beginner to intermediate step class offers creative, slightly more challenging step combinations to provide an exciting workout for the mind and the body.

### Yoga

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

### 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.

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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](mailto:Joshua.Allen2@fairfaxcounty.gov).



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**HEALTHY  
STRIDES**  
COMMUNITY  
CLASSES

# 2025 Virtual Fitness Classes

Weekly Schedule

[www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 8:00 am – 9:00 am Shirl W.	Mix It Up 8:00 am – 9:00 am Jennifer H.	Yoga 9:00 am – 10:00 am Ky W.	Yoga <i>Live at South Run</i> 7:30 am – 8:30 am Michael S.	Pure Stretch 8:00 am – 8:45 am Jennifer H.	Strength Mix <i>Live at South Run</i> 9:00 am – 9:45 am Laurie S.	Yoga 8:00 am – 8:45 am Ky W.
Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.		Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.		Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.	Pure Stretch <i>Live at South Run</i> 9:45 am – 10:15 am Laurie S.	Pure Stretch 8:45 am – 9:15 am Shirl W
Yoga 12:00 pm – 1:00 pm Ky W.	Strength Mix 5:30 pm – 6:15 pm Laurie S.	Pilates 12:00 pm – 1:00 pm Shirl W.	Please be courteous to all class participants by staying muted unless otherwise instructed.	Yoga 9:00am – 10:00am Nancy S./Lucy		Basic Training 9:30 am – 10:30 am Jennifer H.
Yoga <i>Live at South Run</i> 5:45 pm – 6:40 pm Teresa T.	Pilates 7:00 pm – 8:00 pm Shirl W.	Mix It Up (Mat) <i>Live at OakMont</i> 6:00 pm – 6:55 pm Jennifer H.		Body Sculpting 10:00 am–10:55 am Julie C.	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>	Pure Stretch 7:00 pm – 7:30pm Laurie S.
Pure Stretch 7:00 pm – 7:30 pm Laurie S.	Tai Chi Basics 7:30 pm – 8:30 pm Sally H.B.	Pure Stretch 7:00 pm – 7:30pm Laurie S.	Pilates 6:00 pm – 7:00 pm Laurie S.			
			Strength Mix 6:00 pm – 7:00 pm Jennifer H.	<div> FAIRFAX COUNTY PARK AUTHORITY <b>Rec CENTERS</b></div> <div>Updated 7/1/2025</div>		

Updated 7/1/2025



## Class Descriptions

**Basic Training** - Learn to strength train in fun, innovative ways. Benefits of functional strength: greater bone density, improved coordination, better balance, and increased lean muscle mass. **Older Adults** format focuses on the same goals but at a lower intensity.

**Body Sculpting** – A lighter total body workout open to all fitness levels. This class focuses on general muscle conditioning using dumbbell as the primary form of resistance.

**Mix It Up** - It's the Instructor's choice for a fun and challenging total body workout. This class may include everything from muscle toning to aerobics.

**Mix It Up (Mat)** - Looking for a safe and effective way to improve flexibility, endurance, and muscle tone? Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques.

**Pilates** – This mat workout is designed to teach fundamental concepts basic movements, breathing, and modifications of the original Pilates method.

**Pure Stretch** - Work on your 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 Mix** - Join the strength and cardio-based, total-body conditioning class. We change it up to give you the maximum amount of fun, with lots of variety to give you the maximum results. All fitness levels are welcome.

**Tai Chi** - Ever wonder what that "Tai Chi" stuff is? Did you know it can help your posture, calmness, and overall body sense? Did you know it can build strength? Come and try it out.

**Yoga** - Gain greater strength and flexibility as you learn basic yoga postures and different breathing techniques. All levels welcome.

**All classes are beginner level. All ages and abilities welcomed – our instructors will provide modifications for all levels in these classes. If you have a particular concern, feel free to chat with the instructor at the beginning of class.**

**+ Hybrid class** Indicated on the Live Virtual Class Schedule, this class is broadcast live from a Rec Center and can be also taken in-person at the facility with membership or daily admission. See the Rec Center group fitness drop-in schedules for more information: [www.fairfaxcounty.gov/parks/recenter/schedules](http://www.fairfaxcounty.gov/parks/recenter/schedules).

If you have more specific questions regarding the Healthy Strides Community Classes, please email [christine.molina@fairfaxcounty.gov](mailto:christine.molina@fairfaxcounty.gov)