

Drop-In Group **May 2026** Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Stretch 8-8:55 am Robin-Pine	Pure Stretch 6-6:55 am Robin-Maple	BodyPump® 6-6:55 am Lara-Pine	Cycle Strength 7-7:55 am David-Pine	Pure Stretch 6-6:55 am Robin-Pine	Pilates 7-7:55 am Robin- M/B
Strength Circuit 9-9:55 am Navah-Pine	Cycle Strength 7-7:55 am David-Pine	Cycle Challenge 7-7:55 am Subodh-Pine	Flow & Balance 7-7:55 am Jennifer-M/B	Mix It Up 10:30-11:25 am Navah-M/B	Cycle Challenge 8:00-8:55 am David-Pine
Low 10:30-11:25 am Laura-Pine	Flow & Balance 7-7:55 am Jennifer- M/B	Pure Stretch 8-8:55 am Robin-M/B	Mini Ball Sculpt 8-8:45am Jennifer-M/B	Cycle Challenge 11:30-12:25 pm Amanda-Pine	Yoga 9:30-10:25am Melanie-M/B
Yoga 11:30-12:25pm Noel-Pine	Mix It Up 8-8:55 am Jennifer- M/B	Shallow Water Aerobics 9-9:55AM Su Chen- Pool Area	HIGH Fitness® 9:30-10:25 am Laura-Pine	Strength & Stretch 4-4:55 pm Deb-M/B	Zumba® 10-10:45 am Shawna-Pine
Core & Mobility 1-1:55 pm Doug-M/B	HIGH Fitness® 9:30-10:25 am Laura-Pine	Pilates 10:15-11:10 am Sherry-Pine	Silver Sculpt 12-12:55 pm Jumanne-Pine	Yoga 5:30-6:25 pm Rotating-M/B	BodyPump® 11-11:55 am Lara & Monique-Pine
BodyPump® 6-6:55 pm Grace-Pine	Cycle Challenge 11:30-12:25 pm Amanda-Pine	Yoga 11:30-12:25pm Noel-Pine	Mobility Basics 2-2:55 pm Navah-M/B	<div style="text-align: center;"> <h2 style="color: yellow;">FRIDAY 5:30PM YOGA</h2>  <ul style="list-style-type: none"> • 5/1: Lauren • 5/8: Noel • 5/15: Lauren • 5/22: Noel • 5/29: Noel </div>	Mix It Up 12-12:55pm Madhi-M/B
Zumba® 7-7:55 pm Rachel-Pine	Yoga 12-12:55 pm Michelle-M/B	Mobility Basics 12:30-1:25 pm Madhi-Pine	Pilates -NEW 4:30-5:25pm Sandy-M/B *NO CLASS 5/7*		Pure Stretch 1-1:55pm Madhi-M/B
Sunday	Mobility Basics 1-1:55 pm Madhi- M/B	Core & Mobility -NEW 1-1:55 pm Doug-M/B	Ab Attack 5:30-6:25pm Madhi-MB		<div style="text-align: center;">  <p>Interested in Personal Training?</p> <p>Scan this code to learn more!</p> </div>
	Zumba 9:30-10:25am Laila-Pine	Step & Sculpt 2-2:55 pm Navah- Pine	Zumba 6-6:55pm Carlos-Pine	Yoga 6:30-7:25 pm Nisha-M/B	
Low® 10:30-11:30 am Laura-Pine	Pure Stretch 5-5:55pm Deb-Pine	Mix It Up 6-6:55 pm Jennifer-M/B	BodyPump® 7-7:55 pm Harvey-Pine	<h2 style="margin: 0;">80s 'Low Fit' Glow Event</h2> <p style="margin: 5px 0 0 0;">Friday May 29th at 6pm</p> <p style="margin: 5px 0 0 0; color: #90EE90;">Dress up in your best 80s attire for this GLOW IN THE DARK fitness class! Glow sticks will be provided!</p>	
Mobility Basics 2-2:55 pm Madhi-MB	Yoga 6-7:25 pm Noel-M/B	BodyCombat® 7-7:55 pm Jennifer-M/B			
	Zumba® 6-6:55 pm Shawna-Pine	Flow & Balance 8-8:45 pm Jennifer-M/B			

Class Descriptions:

Ab-Attack: Power through 55-mins of dynamic and functional abdominal movements to build a tighter, stronger core. For all fitness levels.

BodyCombat® - Punch and kick your way to fitness, burning lots of calories. This high-energy martial arts inspired workout is totally non-contact with no complex moves to master. Release stress, have a blast, and feel like a champ.

BodyPump® - BodyPump is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Every routine is fully choreographed to your favorite popular songs.

Bombay Jam-Shake up your fitness routine with an exciting new aerobic format that fuses the folk-dance movement of Bhangra with a fun Bollywood flair. Enjoy fun and interesting ways of moving while dancing into an improved level of fitness. If you like Zumba, you will love this class too.

Cycle Challenge - This low impact, high intensity class is designed for fit individuals who want to take their spin workouts to another level. **Cycle Strength** combines a standard indoor cycle class with an extended muscle strengthening segment of class off the bike.

Core & Mobility - 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 using your own bodyweight and the stability ball.

Flow & Balance- This class combines mindful breathing techniques with fluid physical movements to cultivate a deep sense of body awareness, relaxation, and balance. The class may integrate elements of Qigong movements and gentle stretching to harmonize the breath with rhythmic movement. Through flowing sequences the class promotes movement, breath and flexibility..

HIGH Fitness® - Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love! Finally, a fitness class that is easy to follow and a total blast. Come have some BODY SCULPTING FUN!

Low® - Stand for Low Impact Fitness. Has the same energy level as regular HIGH Fitness but omits tuck jumps and burpees.

Mix It Up - A mix of cardiovascular training, body sculpting, and stretching that uses all 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 welcome.

Mobility Basics: Feel better and move better with this 55-min class targeting joint stiffness, muscle discomfort, and increasing flexibility. For all fitness levels.

Pilates - Unlike some workouts that isolate specific muscle groups, Pilates engages your entire body in every exercise, helping you achieve balanced muscle development. Whether you're a seasoned fitness enthusiast or a beginner looking to build a strong foundation, Pilates is the perfect choice.

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 - Come lengthen and define your abdominal and back muscles while improving torso stabilization and core strength. For 55 minutes, you will be challenged with a variety of exercises utilizing foam rollers, balls, rings and bands

Step & Sculpt Aerobics: Combine classic step aerobics with body sculpting moves for a well-rounded workout. Set to a variety of music, you'll use bands, weights, and risers to hit every muscle group and enhance your cardiovascular fitness. During this high energy workout, modifications can be provided, and weights can be lowered to accommodate any skill level.

Silver Sculpt - 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 mass.

Strength & Stretch - This class begins with a full body workout using a combination of bodyweight exercises, and traditional resistance training tools and ends with a nice full body stretch. Class will focus on building strength through functional movement patterns and improving mobility.

Yoga - This welcoming, all-levels yoga class focuses on gentle movement, mindful breathing, and simple postures to improve strength, flexibility, and relaxation. Join anytime to stretch, unwind, and reconnect with your body at your own pace.

Zumba® - Get ready to groove, burn calories, and have a blast with the electrifying rhythm of Zumba! It's not just a workout; it's a dance party that will leave you feeling energized, confident, and utterly exhilarated. Zumba is the ultimate fusion of dance and fitness. Lose yourself in the infectious beats of salsa, merengue, reggaeton, and more, and let the music move you!

These classes are included with your Rec Membership

Non-members pay the general admission rate at time of check-in

Can't make it to in-person classes? Check out our Healthy Strides Community Classes online at www.fairfaxcounty.gov/parks/healthy-strides

For questions or comments regarding the schedule, please e-mail the Fitness Director at Timothy.Moran@fairfaxcounty.gov

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
#1000 8:00 am - 9:00 am 10000 ft.	Yoga 101 9:00 am - 10:00 am 10000 ft.	Yoga 10:00 am - 11:00 am 10000 ft.	Yoga 11:00 am - 12:00 pm 10000 ft.	Yoga 101 12:00 pm - 1:00 pm 10000 ft.	Strength 101 1:00 pm - 2:00 pm 10000 ft.	Yoga 2:00 pm - 3:00 pm 10000 ft.
Yoga 101 3:00 am - 4:00 am 10000 ft.		Yoga 101 4:00 am - 5:00 am 10000 ft.		Yoga 101 5:00 am - 6:00 am 10000 ft.	Yoga 101 6:00 am - 7:00 am 10000 ft.	Yoga 101 7:00 am - 8:00 am 10000 ft.
Yoga 8:00 am - 9:00 am 10000 ft.	Strength 101 9:00 am - 10:00 am 10000 ft.	Yoga 10:00 am - 11:00 am 10000 ft.	Please do not miss this opportunity! 11:00 am - 12:00 pm 10000 ft.	Yoga 12:00 pm - 1:00 pm 10000 ft.		Yoga 101 1:00 pm - 2:00 pm 10000 ft.
Yoga 2:00 pm - 3:00 pm 10000 ft.	Yoga 3:00 pm - 4:00 pm 10000 ft.	Yoga 101 4:00 pm - 5:00 pm 10000 ft.		Yoga 101 5:00 am - 6:00 am 10000 ft.	For directions to join a class see 10000 ft. Yoga, go to www.fairfaxcounty.gov/parks/healthy-strides	Yoga 101 6:00 pm - 7:00 pm 10000 ft.
Yoga 101 7:00 pm - 8:00 pm 10000 ft.	Yoga 101 8:00 pm - 9:00 pm 10000 ft.	Yoga 101 9:00 pm - 10:00 pm 10000 ft.	Yoga 10:00 pm - 11:00 pm 10000 ft.			Yoga 101 11:00 pm - 12:00 am 10000 ft.







For reservations, contact (703) 246-1000 or 1-800-441-7777. © 2025 Fairfax County Parks and Recreation.