







July 2025

DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mix It Up 9-9:55AM Christine DR	Beach Ball Wallyball 9:30-11:00AM RB2	Sculpt & Balance 8-8:55AM Kelly DR	Beach Ball Wallyball 9:30-11:00AM RB2	Shallow Water Aerobics 7:30-8:25AM Jim No class 7/4	Zumba 10-10:55AM Sandra DR No class 7/5
	TRX Fit 11:30-12:25PM Kelly DR	Mix It Up 9-9:55AM Christine DR	Pure Stretch 11:00-11:55AM Marilyn DR	Mix It Up 9-9:55AM Christine DR	
	Healthy Strides 1:30-2:25PM Christine (Weather Permitting)	Barre 11:45-12:40PM Gillian DR	TRX Fit 12:00-12:55PM Christine DR	Barre 10-10:55AM Gillian DR No class 7/4	Body Pump™ 11:30-12:25PM Ashley DR
Zumba 6-6:55PM Neha CR4	Can't make it in person? Check out our virtual Healthy Strides community class calendar https://www.fairfaxcounty.gov/parks/healthy-strides  			Beach Ball Wallyball 10-12:00PM RB2	
July is Parks and Rec Month - Check out the amazing FCPA parks and rec centers!					
Sunday					
Summer Wellness Series Mondays 11-12pm 7/7 Pelvic Floor Fitness 7/14 Movement Connection 7/21 Is it Menopause? 7/28 Managing OA & Joint Health 8/4 Bone Health 8/11 Your Glucose 8/18 Sleep Hygiene 8/25 Awareness Through Movement \$15 per session. Register at www.fairfaxcounty.gov/parks/parktakes Or call 703-222-4664	TRX Fit 5:30-6:25PM Gillian DR	Zumba 6-6:55PM Neha CR4	Body Pump™ 5:30-6:25PM Ashley DR	Zumba 6:30-7:25PM Teresa DR No class 7/4	Yoga 10-11:15AM Sima DR No class 7/6
		Yoga 6:30-7:30PM Tom CR1	Interested in personal training? www.fairfaxcounty.gov/parks/recenter/personal-training , scan the QR code, or ask the front desk for information. 		Zumba 1:00-1:55PM * Martin DR No class 7/6
	Zumba 7:00-8:00PM* Martin DR				
	<div>*New times for summer</div> <div>Fri., 7/4 Hours 5am – 4pm</div>	<div>These classes are included with your Rec Center Membership. Non-members pay the general admission rate at check-in. Please be prepared to show proof of county residency for applicable discounts. This calendar is subject to change. Call the center with questions or concerns. For questions or comments e-mail the Fitness Director at christine.molina@fairfaxcounty.gov.</div>			



CLASS DESCRIPTIONS

Barre

Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

Beach Ball Wallyball

Add extra fun to your fitness routine. Played in a racquetball court with a beach ball, wallyball adds some extra cardio, balance practice and flexibility to your routine. (Ages 45+)

Body Pump

BODYPUMP™ is the original, pre-formatted barbell class that strengthens your entire body. Challenge all 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!

Healthy Strides Walking

(Weather Permitting)

Add dimension to your fitness routine as you refresh and connect with nature. Learn the paths, enjoy the outdoors, and get in some exercise. Contact the rec center in case of inclement weather.

Mix It Up

Instructor's choice! A mix of cardiovascular training, body sculpting, and stretching that uses assorted fitness equipment, including rubber resistance bands, exercise balls, dumbbells, the BOSU, sliding discs, and step platforms. All levels of fitness enthusiasts are welcome.

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.

Sculpt & Balance

Enjoy a weight training class at a lower intensity that is appropriate for all ages. Learn to safely use 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.

Shallow Water Aerobics

This shallow water class provides a cardiovascular workout and increases muscle tone, strength and endurance.

TRX Fit †

Find out what suspension training is all about in this class that leverages gravity and your own bodyweight to perform endless combinations of exercises. The TRX suspension trainer builds a solid core, increases muscular endurance, and delivers greater performance and functionality to all daily life activities. Proper set-up, exercise execution, and modifications will be taught.

Yoga

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Vinyasa yoga will gently wake you up and invigorate your day. Multiple options for each pose invite you to develop both strength and ease. The class is tailored to meet the needs of its students, with a consistent focus on alignment and mindfulness. Please bring a sticky yoga mat to class.

Zumba

Exercise your body and energize your soul in this exciting aerobics class format. Tone up as you groove to energetic music, rhythms, and dance moves.









**HEALTHY
STRIDES**
COMMUNITY
CLASSES

2025 Virtual Fitness Classes

Weekly Schedule

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 www.fairfaxcounty.gov/parks/healthy-strides	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.	 FAIRFAX COUNTY PARK AUTHORITY Rec CENTERS <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.

If you have more specific questions regarding the Healthy Strides Community Classes, please email christine.molina@fairfaxcounty.gov