




May 2026

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	Zumba 10-10:55AM Yuri DR
Yoga 12:30-1:25PM Kathy CR1	Pure Stretch 10:30-11:25AM Patricia CR1 <i>No class 5/26</i>	Mix It Up 9-9:55AM Christine DR	Pure Stretch 10:30-11:25AM Marilyn CR1	Mix It Up 9-9:55AM Christine DR	
Core Conditioning 5:15-5:55PM Catrina DR	TRX Fit 10:30-11:25AM Kelly CR4	Barre 11:45-12:40PM Gillian DR	TRX Fit 11:30-12:25PM Christine CR4	Barre 10-10:55AM Gillian DR	Body Pump™ 11:30-12:25PM Ashley DR
Zumba 6-6:55PM Neha CR4	TRX Fit 11:30-12:25PM Kelly CR4			Beach Ball Wallyball 10-12:00PM RB2	Memorial Day, Mon., 5/25 5am- 6pm
Wellness = Mind and Body Thriving Together					Sunday
WELLNESS WORKSHOPS Fri., 5/1 10:15-11:15am Reducing Risk in Diabetes Care - CR5 Tues, 5/12 11:30-12:25am Do More for Your Core - DR Descriptions on back page	Healthy Strides 1:30-2:25PM Christine <i>Weather Permitting (Call first)</i>	Cycle Spin 5:15-5:55PM Catrina FS	Body Pump™ 5:30-6:25PM Ashley DR	Yoga 12:30-1:25PM Kathy DR	Yoga 10-11:15AM Sima DR <i>No class 5/24</i>
	TRX Fit 5:30-6:25PM Gillian CR4	Zumba 6-6:55PM Neha CR4		Zumba 6:30-7:25PM Teresa DR	Zumba 1:00-1:55PM Martin DR
	Zumba 7:30-8:25PM Martin DR	Yoga 6:00-6:55PM Kathy CR1	<i>For Personal Training go to:</i> www.fairfaxcounty.gov/parks/reccenter/personal-training <i>For free virtual classes, workshops, and special events go to:</i> www.fairfaxcounty.gov/parks/healthy-strides		
		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 .			



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

BODY PUMP™ 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!

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.

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.

WELLNESS WORKSHOPS

Reducing Risk in Diabetes Care

Managing diabetes goes beyond tracking blood glucose. Healthy habits, regular activity, and consistent check-ins with your care team all play a key role in reducing health risks. In this workshop, you'll learn simple, practical ways to monitor your health and take control of your diabetes management.

Do More For Your Core

Core strength and stability are so important for ease of movement, balance, and avoiding back pain. But most people aren't sure how to train their core comfortably and effectively. In this workshop, we'll "explore the core" and practice a wide range of simple activities (with modifications) that you can do every day at home to strengthen and stabilize your body's powerhouse and feel great.



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

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 8:00 am - 9:00 am Christine M. 	Yoga 8:00 am - 9:00 am Christine M. 	Yoga 8:00 am - 9:00 am Christine M. 	Yoga 8:00 am - 9:00 am Christine M. 	Yoga 8:00 am - 9:00 am Christine M. 	Strength 8:00 am - 9:00 am Christine M. 	Yoga 8:00 am - 9:00 am Christine M.
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Yoga 11:00 am - 12:00 pm Christine M. 	Yoga 11:00 am - 12:00 pm Christine M. 	Yoga 11:00 am - 12:00 pm Christine M. 	Yoga 11:00 am - 12:00 pm Christine M. 	Yoga 11:00 am - 12:00 pm Christine M. 	Strength 11:00 am - 12:00 pm Christine M. 	Yoga 11:00 am - 12:00 pm Christine M.
Yoga 1:00 pm - 2:00 pm Christine M. 	Yoga 1:00 pm - 2:00 pm Christine M. 	Yoga 1:00 pm - 2:00 pm Christine M. 	Yoga 1:00 pm - 2:00 pm Christine M. 	Yoga 1:00 pm - 2:00 pm Christine M. 	Strength 1:00 pm - 2:00 pm Christine M. 	Yoga 1:00 pm - 2:00 pm Christine M.
Yoga 2:00 pm - 3:00 pm Christine M. 	Yoga 2:00 pm - 3:00 pm Christine M. 	Yoga 2:00 pm - 3:00 pm Christine M. 	Yoga 2:00 pm - 3:00 pm Christine M. 	Yoga 2:00 pm - 3:00 pm Christine M. 	Strength 2:00 pm - 3:00 pm Christine M. 	Yoga 2:00 pm - 3:00 pm Christine M.
Yoga 3:00 pm - 4:00 pm Christine M. 	Yoga 3:00 pm - 4:00 pm Christine M. 	Yoga 3:00 pm - 4:00 pm Christine M. 	Yoga 3:00 pm - 4:00 pm Christine M. 	Yoga 3:00 pm - 4:00 pm Christine M. 	Strength 3:00 pm - 4:00 pm Christine M. 	Yoga 3:00 pm - 4:00 pm Christine M.
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Yoga 6:00 pm - 7:00 pm Christine M. 	Yoga 6:00 pm - 7:00 pm Christine M. 	Yoga 6:00 pm - 7:00 pm Christine M. 	Yoga 6:00 pm - 7:00 pm Christine M. 	Yoga 6:00 pm - 7:00 pm Christine M. 	Strength 6:00 pm - 7:00 pm Christine M. 	Yoga 6:00 pm - 7:00 pm Christine M.
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For more information, contact the contact and help desk at 703.241.4321. TTY: 703.241.4322. www.fairfaxcounty.gov/parks/healthy-strides

REC CENTERS