



1239 Spring Hill Road • McLean, VA 22102 • 703.827.0989

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba® 9:00-9:55 AM Winona/FS* No class 5/25	BodyPump™ 7:00-7:55 AM Carla/FS No class 5/26	Body Sculpting 7:30-8:25 AM Andrew/FS	BodyPump™ 7:00-7:55 AM Carla/FS	Step Fundamentals* 8:00-9:00 AM Oksana/FS No class 5/22 Begins 5/8*	Yoga 7:00-7:55 AM Ana/FS No class 5/23
	BodyBalance™ 8:10-8:55 AM Carla/FS *Please bring a mat*		BodyBalance™ 8:10-8:55 AM Carla/FS *Please bring a mat*		Balls & Bands 8:00-8:55 AM Andrew/MB No class 5/23
Gentle Cardio 10:00-10:55 AM Paulette/FS No class 5/25	†Cycle Spin 9:00-9:45 AM Steve/FS	Zumba® 9:30-10:25 AM Yuri/FS	†Cycle Spin 9:00-9:45 AM Jennifer Y./FS No class 5/21	Zumba® 9:00-9:55 AM Vanessa/FS	R.I.P.P.E.D. 8:00-8:55 AM Kelly/FS No class 5/2, 5/23
Mobility Basics* 12:00-12:55 PM George/FS No class 5/25	Yoga 9:00-9:55 AM Ana/MB	Yoga 10:00-10:55 AM Juanita/MB	Yoga 9:00-9:55 AM Edie/MB		Mat Pilates 10:00-10:55 AM Sherry/MB No class 5/23
	Cardio Sculpt 10:00-10:55 AM Sherry/FS No class 5/19	Silver Sculpt 11:00-11:55 AM Jennifer B./FS	Mix It Up 11:00-11:55 AM Steve/FS	Yoga 9:00-9:55 AM Nancy*/MB	Zumba® 11:30-12:25 PM Rachel/FS No class 5/23
Please Reach Out to the Email Listed Below for Any Class Details!					
Yoga 4:30-5:25 PM Ana/MB No class 5/25	Aqua Fiesta! 12:15-1:10 PM Belle/Shallow Pool	Abs, Back, Stretch 12:00-12:55 PM Jennifer B./FS	Mobility Basics 12:00-12:55 PM George/FS	Mix It Up 12:00-12:55 PM George/FS	Sunday
Meditation 5:30-6:00 PM Ana/MB No class 5/25	Abs, Back, Stretch 11:00-11:55 AM Steve/MB				Tabata 8:00-8:55 AM Ana/FS No class 5/24
Pump/Stretch Fusion 6:15-7:10 PM Nancy/MB *Please bring a mat* No class 5/25	Silver Sculpt 1:00-1:55 PM Jennifer B./FS No class 5/19	Yoga 6:00-6:55 PM Simona/MB	Silver Sculpt 1:00-1:55 PM Steve/FS	Yoga 6:00-6:55 PM Nancy/MB	Yoga 9:00-9:55 AM Nancy/MB No class 5/24
	Abs, Back, Stretch 2:00-2:55 PM Jennifer B./FS No class 5/19				Zumba® 10:00-10:55 AM Elena/FS No class 5/24
	Strength Mix 5:00-5:55 PM George/FS	Meditation 7:00-7:45 PM Simona/MB	Turbo Kick™ 6:00-6:55 PM Kelly/FS	Zumba® 6:00-6:55 PM Winona/FS	Yoga 11:00-11:55 AM Nancy/MB No class 5/24
	RUMBLE™ 6:00-6:55 PM Kelly/FS	Zumba® 7:00-7:55 PM Vanessa/FS	†TRX® Circuit* 7:00-7:55 PM Kelly/FS		BodyPump™ 11:15-12:10 PM Sandy/FS No class 5/24
	Mix It Up 7:10-7:55 PM Kelly/FS		Zumba® 8:00-8:55 PM Rica/FS		†TRX® FIT 4:00-4:55 PM Kelly/FS No class 5/17, 5/24
Scan the QR code to find our calendar of free virtual classes or go directly to www.fairfaxcounty.gov/parks/healthy-strides		* Indicates a change or new class			

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 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 harsh.patel@fairfaxcounty.gov.



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

Class Descriptions

Abs, Back, and Stretch

If you think Pilates is too much, but like the idea of working the core muscle groups, then this class is for you! It focuses on trunk exercises to promote strength, flexibility, better posture, and good form.

Balls & Bands

Tired of being limited to machines? Take your workout to the next level by learning how to challenge muscles creatively using your bodyweight, stability balls, and resistance tubing.

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.

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!

BodyBalance™

Ideal for anyone and everyone, Body Balance 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. Breathing control is a part of all exercises, and the instructors will always provide options for those just getting started.

Body Sculpting

A lighter total body workout open to all levels of participants, this class focuses on general muscle conditioning using a variety of equipment.

Bombay Jam®

Shake up your fitness routine with an exciting new aerobic format that fuses the folk-dance movement of Bhangra with 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.

Cardio Sculpt

This class focuses on cardiovascular exercise with segments of body sculpting interwoven throughout for variety. What a great way to stay in shape and beat exercise boredom while introducing something new to your current workout.

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. †Class is limited to the first 12 participants. Check in up to 30 minutes before class at the front desk for a bike number.

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.

Meditation

Enjoy this simple introduction to meditation for beginners. Learn how to release tension, relax the body, and change negative emotions to create a greater sense of well-being and joy. Students will practice focusing their minds to increase concentration and to develop self-awareness.

Mix It Up

Fight fitness boredom and get out of that exercise rut with a class that mixes cardiovascular training, body sculpting, and stretching. Check out all the 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 are welcome.

Mobility Basics

Mobility Basics is a dynamic group exercise class designed to improve flexibility, range of motion, and overall mobility. This class is suitable for individuals of all fitness levels who are interested in improving movement capabilities and injury prevention.

Pilates

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

Pop Pilates®

Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles.

Pump/Stretch Fusion

Get a great strength training workout fused with stretching to leave you feeling strong, balanced, and recharged. Challenge yourself to lift and sweat to the beat.

R.I.P.P.E.D.

A challenging workout using dumbbells and bodyweight that changes the moves every 6 to 9 minutes to achieve that "One Stop Body Shock" for which this format is known. The acronym stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet.

RUMBLE™

This authentic, simple, mixed martial arts format is geared for group exercise and enhances spatial awareness and integrated movement ability while using the RUMBLE stick. No martial arts experience is needed, only a willingness to sweat and have fun.

Silver Sculpt

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.

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!

Step Fundamentals*

This invigorating beginner class will involve nothing but step aerobics from start to finish. A step tutorial will be given to cover approaches, leads, terminology, and cueing so that even first-time steppers will feel successful.

Tabata

Tabata interval training uses 4-minute segments that contain several work/rest cycles. Each cycle consists of 20 work periods followed by 10 second recovery periods. Learn to train efficiently for both cardio and strength without any wasted time or boredom.

TRX® Fit

Take the skills learned in the fundamentals class and put it all together for a great suspension training workout. Challenge your entire body with radically different perspectives on common exercises using unique, suspended positions. Your body weight + the TRX straps = amazing results.

TRX® Circuit

This class combines the challenges of suspension training with cardiovascular, dumbbell, resistance band, and bodyweight exercises. The suspension trainer leverages gravity and your own bodyweight to perform a combination of exercises. It builds a solid core, increases muscular endurance, and delivers greater performance and functionality for daily activities. Students work through multiple stations, changing at one-minute intervals. Proper set-up, exercise execution, and modifications will be taught.

Turbo Kick™

This full body workout is for all levels of fitness, uniquely blending intense intervals, easy-to-follow combinations, kickboxing specific strength/endurance training, and a mind/body cool down.

Yoga

In this beginner class to teach newcomers, the fundamental concepts of yoga, basic postures and breathing techniques will be practiced. This class is excellent preparation for the Hatha Level I class.

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.

Room Codes: FS=Fitness Studio; MB=Mind-Body Studio; FC=Fitness Center (service desk area)

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 Arlington, VA	Yoga 101 9:00 am - 10:00 am Arlington, VA	Yoga 10:00 am - 11:00 am Arlington, VA	Yoga 11:00 am - 12:00 pm Arlington, VA	Yoga 101 12:00 pm - 1:00 pm Arlington, VA	Strength 101 1:00 pm - 2:00 pm Arlington, VA	Yoga 2:00 pm - 3:00 pm Arlington, VA
Yoga 101 3:00 am - 4:00 am Arlington, VA		Yoga 101 4:00 am - 5:00 am Arlington, VA		Yoga 101 5:00 am - 6:00 am Arlington, VA	Yoga 101 6:00 am - 7:00 am Arlington, VA	Yoga 101 7:00 am - 8:00 am Arlington, VA
Yoga 8:00 am - 9:00 am Arlington, VA	Strength 101 9:00 am - 10:00 am Arlington, VA	Yoga 10:00 am - 11:00 am Arlington, VA	Please do not post in all caps. Please post in all caps.	Yoga 11:00 am - 12:00 pm Arlington, VA		Yoga 101 12:00 pm - 1:00 pm Arlington, VA
Yoga 1:00 pm - 2:00 pm Arlington, VA	Yoga 2:00 pm - 3:00 pm Arlington, VA	Yoga 101 3:00 pm - 4:00 pm Arlington, VA		Yoga 101 4:00 am - 5:00 am Arlington, VA	For directions to join a class, see the "How to Join" page at www.fairfaxcounty.gov/parks/healthy-strides	Yoga 101 5:00 pm - 6:00 pm Arlington, VA
Yoga 101 6:00 pm - 7:00 pm Arlington, VA	Yoga 101 7:00 pm - 8:00 pm Arlington, VA	Yoga 101 8:00 pm - 9:00 pm Arlington, VA	Yoga 9:00 pm - 10:00 pm Arlington, VA			

Rec CENTERS