


































MAY DROP-IN GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio Sculpt + HSCC Virtual 6:30-7:10am CR 4 Michaela	 LES MILLS BODYPUMP 7:30-8:25am CR 4 Gail	 <i>Mix It Up Strength</i> + HSCC Virtual 6-6:45am CR 4 Wesley	 LES MILLS BODYPUMP 7:30-8:25am CR 4 Gail	8-8:55am Studio A Michael 	 LES MILLS BODYPUMP 7:45-8:40am CR 4 Michaela	Strength Circuit 8-8:45am Studio A Stephen NO CLASS 5/24
Core Conditioning + HSCC Virtual 7:10-7:50am CR 4 Michaela	Zumba Gold 9-9:55am CR 4 Gail	 ZUMBA 9-9:55am CR 4 Gail	 YOGA + Virtual 7:30-8:25AM Studio A Michael	 <i>Cycle Spin</i> 10:15-11:10am Vestibule Tami	Barre 8-8:55am CR 1/2 Anne	 LES MILLS BODYPUMP 8:45-9:40am CR 4 Gail
 ZUMBA 10-10:55am CR 4 Gail	 <i>Basic Training</i> <i>(Older Adults)</i> 10-10:55am CR 4 Gail	Barre Techniques 9:30-10:25am Studio A Wendy	Zumba Gold 9-9:55am CR 4 Gail	MATS NOT PROVIDED FOR CLASSES  PLEASE BRING YOUR OWN	<i>Pilates</i> 8:50-9:35am CR 4 Michaela	<i>Tai Chi Fundamentals</i> 2-2:55pm CR 1/2 Kat
MEMORIAL DAY 5AM – 6PM	<i>Tai Chi Fundamentals</i> 4-4:55pm CR 1/2 Kat NO CLASS 5/19	 <i>Cycle Spin</i> 10:15-11:10am Vestibule Tami ON 5/27 IN CR 3	 <i>Basic Training</i> <i>(Older Adults)</i> 10-10:55am CR 4 Gail		 ZUMBA 9-9:55am CR 1/2 Anne	 <i>Cycle Spin</i> 3:45-4:40pm Vestibule Belle
<i>Kettlebell Fundamentals</i> 5:15-5:55pm St A Stephen NO CLASS 5/25	 NEW HYDRO PILATES Noon-12:55pm Pool Tori	YOUR CHILD IS WELCOME IN THESE CLASSES.	 NEW HYDRO PILATES Noon-12:55pm Pool Tori	<i>Cycle Spin</i>  9-9:55am Vestibule Michael	 YOGA 5-5:55pm CR ½ Michael	
 YOGA +HSCC Virtual CR 4 5:45-6:40pm Teresa NO CLASS 5/25	 ZUMBA <i>In Spanish</i> 5:30-6:25pm CR 1/2 Zenith	SEATED Active and Ageless Dance Fitness 11-11:45am Studio A Tia-Monet	NEW Active and Ageless Dance Fitness 6-6:45pm CR 4 Tia-Monet	<i>Pilates</i> 5:15-5:55pm CR 1/2 Laurie	<i>It Up Strength</i>  + HSCC Virtual 9-9:45am Studio A Laurie ONLY virtual 5/2	
<i>Pure Stretch</i> 6-6:25pm Studio A Stephen	 <i>Cycle Spin</i> 5:30-6:25pm Vestibule Belle	NEW HIIT 4:30-5:15 CR 4 Wesley	<i>Pilates</i> + HSCC Virtual 6-6:55pm CR 1/2 Laurie	 ZUMBA <i>In Spanish</i> 6-6:55pm CR 1/2 Zenith NO CLASS 5/22	<i>Stretch</i> + HSCC Virtual 9:45-10:15am Studio A Laurie	
<i>Tai Chi Fundamentals</i> 7-7:55pm CR 1/2 Kat	<i>Kickboxing Fundamentals</i> 6:30-7:25pm CR 1/2 Jennifer	 ZUMBA 6-6:55pm CR 4 Shawna	 <i>Cycle Spin</i> 6:30-7:25pm Vestibule Michael	NEW TRX® Fit 6:30 – 7:15pm CR 4 Michael		
 <i>Cardio Sculpt</i> 7-7:55pm Studio A Anne	 FLOW & BALANCE 7:30-7:55pm CR 1/2 Jennifer	<i>Step & Sculpt</i> 7-7:55pm CR 1/2 Anne	<i>Strength Circuit</i> 7:05-7:50pm CR 4 Stephen	<u>Operational Hours, Class Schedules and Holiday Hours Park Authority (fairfaxcounty.gov)</u>		
 ZUMBA 8-8:55pm CR 4 Anne	 YOGA +Vinyasa 8-8-8:55pm CR 4 Brenda	 ZUMBA 8-8:55pm CR 4 Anne	 ZUMBA <i>In Spanish</i> 8-8:55pm CR 4 Zenith			



Active & Ageless Dance Fitness A fun, low-impact dance fitness class designed to improve balance, coordination and cardiovascular health while moving to great music. No dance experience needed. (*Seated and more nostalgic with 50s, 60s, 70s music.)

Barre training is for a ballet body. Learn the secrets of a ballet body workout. Once you master the fundamentals, you are ready to get the most out of your class.

Basic Training Older Adults Use this workout to tone and strengthen body and mind, using a combination of calisthenics, floor exercises and drills. It's the ideal workout for the beginner to mid-level exercise participant who wants to mix things up.

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!

Cardio Sculpt This class focuses on cardiovascular exercise with small 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!

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 using balls, the BOSU, body bars, and mats.

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.

NEW Flow and 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 Tai Chi and Qigong and gentle stretching to harmonize the breath with rhythmic movement. Through flowing sequences, the class promotes movement, breath and flexibility.

NEW H.I.I.T. High Intensity Interval Training This is a 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.

NEW Hydro Pilates Experience the water's natural support and resistance while you increase your body's range of motion and challenge and strengthen core stability and control. Build abdominal and back strength, flexibility and muscle tone while maintaining core stabilization, posture alignment and balance.

NEW Kettlebell Fundamentals Kettlebell training is a comprehensive excellent way to burn fat while building strength and power in all muscle groups with just the right amount of controlled, explosive movement. Learn to safely execute kettlebell technique and make appropriate modifications. Get swinging and try something new!

Kickboxing Fundamentals Come learn the skills needed to ensure your confidence and success in any kickboxing class. Basic kicks and punches will be demonstrated, broken down, and practiced, with lots of modifications. You can practice your new moves in the short class that follows the instruction period.

Mix It Up (Strength or Core) Fight fitness boredom and get out of the exercise rut with a class that mixes cardiovascular training, body sculpting, weights and stretching.

Pilates A low-impact exercise that strengthens and tones your core muscles and improves posture and flexibility.

Step & Sculpt Pack your cardio and strength training into a single, efficient, time-saving workout. The first half of class focuses on step combinations, followed by weight training to build muscle and increase bone density.

Strength Circuit This is the perfect way to test the limits of your body. This resistance-based class uses strengthening exercises incorporating different modes and much more! All levels are welcome.

Tai Chi Fundamentals Learn the ancient art and practice of Tai Chi in a giving environment. You are guided through a series of flowing movements to improve posture, build balance and increase mental and physical strength.

NEW TRX® Fit combines fundamental movement skills into a powerful suspension training workout. Challenge your body with fresh takes on common exercises using unique suspended positions. Your body weight + the TRX straps = amazing results. You never had so much fun working out!

Yoga In this class learn the fundamental concepts of yoga, basic posture and breathing techniques.

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, plus other world genres. **Zumba with Spanish** – Tuesday, Thursday, Friday

Zumba Gold is the modified version of the internationally popular Zumba with easy to move choreography at a slower pace and lower intensity. Be good on your joints and focus on balance, range of motion and overall fitness while having fun in this dance class.

These classes included w/ rec center membership. Non-members pay general admission. Fitness Director laurie.strickland@fairfaxcounty.gov.



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.
Yoga 9:00 am - 10:00 am Christine M.		Yoga 9:00 am - 10:00 am Christine M.		Yoga 9:00 am - 10:00 am Christine M.	Yoga 9:00 am - 10:00 am Christine M.	Yoga 9:00 am - 10:00 am 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.	Please do not return to all days. Please attend online classes.	Yoga 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.	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.	Yoga 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.	Yoga 3:00 pm - 4:00 pm Christine M.	Yoga 3:00 pm - 4:00 pm Christine M.
Yoga 4:00 pm - 5:00 pm Christine M.	Yoga 4:00 pm - 5:00 pm Christine M.	Yoga 4:00 pm - 5:00 pm Christine M.	Yoga 4:00 pm - 5:00 pm Christine M.	Yoga 4:00 pm - 5:00 pm Christine M.	Yoga 4:00 pm - 5:00 pm Christine M.	Yoga 4:00 pm - 5:00 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.	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.

Rec CENTERS