



May 2026

DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Spin 5:15-6:05 AM Jo-Ellen/FS	Cardio Sculpt+ HSCC Virtual 5:10-5:50 AM Michaela/DS	Cycle Spin 5:15-6:05 AM Jo-Ellen/FS	Cardio Sculpt+ HSCC Virtual 5:10-5:50 AM Michaela/DS		Cycle Spin 7:00-7:50AM Jo-Ellen/FS
Fit Circuit 8:00-8:45 AM Gillian/FS	LES MILLS BODYPUMP 6:00-6:55 AM Michaela/DS	H.I.T.T* 6:00-6:55 AM Gillian/DS	LES MILLS BODYPUMP 6:00-6:55 AM Michaela/DS	H.I.T.T* 6:00-6:55 AM Gillian/DS	LES MILLS BODYCOMBAT 8:00-8:55 AM Jennifer/CR 1&2
Mix It Up 8:20-9:05 AM Michaela/CR 1&2	Pilates 7:00-7:45 AM Michaela/DS	Barre Techniques 7:00-7:45 AM Gillian/DS	Core Conditioning 7:00-7:45 AM Michaela/DS	Fit Circuit 9:00-9:45 AM Elizabeth/FS	
Body Sculpting 9:10-9:55 AM Michaela/CR 1&2	Shallow Water Exercise 9:00 -9:55 AM POOL	Fit Circuit 9:00-9:45 AM Maureen/FS	Fit Circuit 8:30-9:15 AM Julie/FS		Body Sculpting 9:00-9:50 AM Kathy/DS
ZUMBA 9:00- 9:55 AM Andrea/DS	*Fit Circuit 12:00-12:45 PM Elizabeth/FS	ZUMBA 9:00- 9:55 AM Jill /DS			Pure Stretch 10:00-11:15 AM Debbie/DS
Yoga 11:00-11:45 AM JK/CR 1&2	Cycle Spin 6:00-6:45 PM Zak/FS	Foam Rolling 10:00 – 10:25 AM Maureen/ FS		LES MILLS BODYPUMP 6:00-6:55 PM Monique/DS	Pilates 11:30- 12:25PM Debbie/DS
LES MILLS BODYPUMP 6:00-6:55 PM Lara/DS	Body Sculpting / H.I.I.T. 6-6:45 PM/6:55-7:30 PM Laurie/DS	Tai Chi Basics 10:00-10:50 AM Rick/DS	Cycle Spin 6:00-6:45 PM Zak/FS	All Fit Circuit classes have a 15-person limit per class	Sunday
NO CLASSES MEMORIAL DAY	Pilates 7:00-7:50 PM Debbie P./CR 1&2	Yoga 10:30 – 11:25 AM JK/CR 1&2			LES MILLS BODYPUMP 8:15-9:10 AM Monique/DS
ZUMBA 7:10-7:55 PM Shawna/DS		Tai Chi Basics 6:00-6:55 PM Rick/DS	Kettlebell Fundamentals 7:45-8:40 PM Jeff/FS		Yoga 9:30-10:25 AM Shadia/CR 1&2
POWER YOGA 7:00-8:25 PM Jeff/CR 1&2					Cycle Spin 10:00-10:45 AM Gillian/FS
HEALTHY STRIDES Featured Events: www.fairfaxcounty.gov/Parks/Healthy-Strides			*Indicates a NEW class or time change	⚡ Class in danger of cancellation due to low attendance.	POWER YOGA 10:30-11:15 AM Shadia/ CR 1&2

These classes are included with your REC Center membership. Non-members pay the general admission rate at 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 Jeff Burden Jeffrey.Burden@fairfaxcounty.gov



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

Barre Techniques

Learn the secrets of a ballet body workout. Barre training is the hottest new fitness class for a ballet buff body. Once you master the fundamentals, you will be ready to get the most out of your barre class.

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.

BodyPump

BodyPump is the original barbell class that strengthens your entire body. Challenging all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls.

Body Sculpting

A lighter total body workout open to all fitness levels. This class focuses on general muscle conditioning using dumbbells as the primary form of resistance.

Cardio Sculpt

This class focuses on cardiovascular exercise with small segments of body sculpting interwoven throughout for variety.

Cycle Spin

This cycling class is great for all levels of fitness! The instructor will call cues for both beginning and experienced students. It's a terrific class for staying fit! Bring a water bottle and towel to class.

Deep Water Exercise

Take the plunge for a workout that is no impact. You'll use a variety of deep-water exercises and deep-water running techniques to get the maximum benefit from water's natural resistance.

Fit Circuit

Combining both cardio and strength-building exercises to get your heart pumping and muscles working, this exciting class targets all the major muscle groups in a circuit-like format.

H.I.I.T.

High Intensity Interval Training (H.I.I.T.) 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 to improve cardio endurance and overall fitness.

Kettlebell Fundamentals

Kettlebell training is an excellent way to burn fat while building strength and power with just the right amount of controlled, explosive movement. Learn how to safely execute kettlebell technique and how to make appropriate modifications that work every major muscle group.

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 resistance bands, stability balls, dumbbells, and more. All levels of fitness enthusiasts' welcome.

Pilates

A great beginner class that teaches the fundamental concepts and basic movements of Pilates and may incorporate props. All levels welcome.

Pure Stretch

Work on flexibility in this class which focuses on stretching every major muscle group for stress and pain reduction.

Tai Chi Basics

Come learn about the ancient art of Tai Chi in a giving environment. You will be guided through a series of flowing movements to improve posture, build balance, and to increase both mental and physical strength.

Zumba

Exercise your body and energize your soul with this exciting aerobics class format. Tone up as you get down with energetic Latin music, rhythms, and dance moves. Zumba Toning will include use of the toning sticks.

Room Codes: CR 1&2=Club Room 1&2; DS=Dance Studio; FS=Fitness Studio

Please wear sneakers and comfortable clothing that allow free movement. Thirteen 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
Yoga 8:00 am - 9:00 am Christine M.	Yoga II 9:00 am - 10:00 am Christine M.	Yoga 10:00 am - 11:00 am Christine M.	Yoga 11:00 am - 12:00 pm Christine M.	Yoga 12:00 pm - 1:00 pm Christine M.	Strength Yoga 1:00 pm - 2:00 pm Christine M.	Yoga 2:00 pm - 3:00 pm Christine M.
Yoga II 1:00 pm - 2:00 pm Christine M.		Yoga II 3:00 pm - 4:00 pm Christine M.		Yoga II 4:00 pm - 5:00 pm Christine M.	Yoga 6:00 am - 7:00 am Christine M.	Yoga 7:00 am - 8:00 am Christine M.
Yoga 8:00 am - 9:00 am Christine M.	Strength Yoga 9:00 am - 10:00 am Christine M.	Yoga 10:00 am - 11:00 am Christine M.	Please do not return to all days. Please attend online classes.	Yoga 11:00 am - 12:00 pm Christine M.		Yoga 12:00 pm - 1:00 pm Christine M.
Yoga 1:00 pm - 2:00 pm Christine M.	Yoga 2:00 pm - 3:00 pm Christine M.	Yoga II 3:00 pm - 4:00 pm Christine M.		Yoga 4:00 pm - 5:00 pm Christine M.	For directions to join a class on Microsoft Teams, go to www.fairfaxcounty.gov/parks/healthy-strides	Yoga 6:00 pm - 7:00 pm Christine M.
Yoga 7:00 pm - 8:00 pm Christine M.	Yoga 8:00 pm - 9:00 pm Christine M.	Yoga 9:00 pm - 10:00 pm Christine M.	Yoga 10:00 pm - 11:00 pm Christine M.			

For more information, contact the Center and Rec Center at 703.241.4321. TTY: 703.241.4322. www.fairfaxcounty.gov/parks/healthy-strides

REC CENTERS