

# We're celebrating 70 years with a Special Fitness Day

A series of LIVE Zoom fitness classes on Sunday, Dec. 6, 2020



## Sun Salutations with the Sunrise

7 a.m. | 60 minutes

Unroll your yoga mat for a series of sun salutations of varying difficulties. Yoga Instructor, Robyn will be your guide as you welcome the sunrise. Live from Spring Hill RECenter.



## Cardio Party through the Decades

8:30 a.m. | 60 minutes

Pull on your legwarmers, leotards or disco clothes, and style that big hair. Instructor Kristen and her team will party with retro exercises for a great cardio workout. Live from Spring Hill RECenter.



## Strong for 70

10 a.m. | 60 minutes


Focus on building muscle as you complete 70 reps of each exercise. Instructor Laurie leads you through these fitness challenges appropriate for any fitness level. Live from Spring Hill RECenter.



It's a day of celebration, so get ready for special surprises, such as trivia, polls and prize giveaways.



For more information and registration:  
[www.fairfaxcounty.gov/parks/70-years-excellence](http://www.fairfaxcounty.gov/parks/70-years-excellence)

 (703) 324-8563 TTY: Va. Relay 711

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