





HEALTHY STRIDES COMMUNITY CLASSES

2022 Virtual Fitness Classes


www.fairfaxcounty.gov/parks/healthy-strides

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 8:00 am – 9:00 am Shirl W. Meeting ID: 834 0153 5657	Mix It Up 9:00 am – 10:00 am Heather B. Meeting ID: 889 1604 9181	Yoga 9:00 am – 10:00 am Sadie G. Meeting ID: 898 6447 4380	Yoga Stretch 8:00 am – 9:00 am Michael S. Meeting ID: 812 4752 0160	Strength Mix 8:00 am – 9:00 am Heather B. Meeting ID: 874 2928 8218	Zumba® 8:00 am – 9:00 am Gail B. Meeting ID: 860 6134 5097	Basic Training 9:30 am – 10:30 am Jennifer H. Meeting ID: 837 3916 5792
Mix It Up + <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739	Yoga 11:00 am – 12:00 pm Deb P. Meeting ID: 896 3167 0804	Mix It Up + <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739	NEW TIME! Pilates 11:30 am – 12:30 pm Edie M. Meeting ID: 858 7896 4048	Mix It Up + <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739	Strength Mix 9:00 am – 9:45 am Laurie S. Meeting ID: 999 7171 4875	Pure Stretch 12:00 pm – 12:30 pm Shirl W. Meeting ID: 871 6941 6303
Basic Training for Older Adults 9:00 am – 10:00 am Gail B. Meeting ID: 826 6940 0842			<i>Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.</i>	Zumba Gold® 9:00 am – 10:00 am Gail B. Meeting ID: 812 2474 5568	 <i>Always go to the HSCC webpage for the most up-to-date schedule.</i>	
 zoom If needed, the Zoom Meeting ID is indicated for each class, and the password for all classes: HSCC2020!!	Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142	Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 836 5648 6814		Strength Training for Older Adults 10:05 am – 10:50 am Gail B. Meeting ID: 846 2127 9226	To join a class, visit: www.fairfaxcounty.gov/parks/healthy-strides Click on the class link in the schedule. You will be taken directly to Zoom. No registration required. Classes will be open unless full capacity is reached. Schedule is subject to change.	
	Cardio Kickboxing + <i>Live at South Run</i> 6:30 pm – 7:25 pm Jennifer H. Meeting ID: 839 4264 8402	Zumba® + <i>Live at South Run</i> 6:00 pm – 7:00 pm Shawna D. Meeting ID: 865 2801 7850	Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007	Yoga 2:00 pm – 3:00 pm Trish L. Meeting ID: 825 4657 6059		
Yoga 6:00 pm – 7:00 pm Teresa T. Meeting ID: 845 6705 8234	Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 940 3353 7968	Mix It Up (Mat) + <i>Live at Oak Marr</i> 6:00 pm – 6:55 pm Jennifer H. Meeting ID: 847 7725 5135	Strength Mix 6:00 pm – 7:00 pm Jennifer H. Meeting ID: 814 4241 3393		<i>Questions?</i> Contact the Healthy Strides Wellness Coordinator, Liz Ittner at Elizabeth.Ittner@fairfaxcounty.gov .	

+ Hybrid class This class is broadcast live from a Rec Center and can be also taken in-person at the facility with membership or daily admission. See the Rec Center group fitness drop-in schedules for more information: www.fairfaxcounty.gov/parks/recenter/schedules.



FAIRFAX COUNTY PARK AUTHORITY
REC CENTERS

 For accommodations, contact Inclusion and ADA Support at 703-324-8563. TTY Relay 711. www.fairfaxcounty.gov/parks/accessible.

Updated 4/4/2022