



**HEALTHY
STRIDES**
COMMUNITY
CLASSES

Virtual Live-Streamed Fitness Classes

www.fairfaxcounty.gov/parks/healthy-strides

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|---|--|
|  <p>Pilates 8:00 am – 9:00 am Shirl W. Meeting ID: 848 5250 2281</p> | <p>Mix It Up 8:00 am – 9:00 am Cindy F. Meeting ID: 858 3525 6076</p> | <p>Yoga 9:00 am – 10:00 am Sadie G. Meeting ID: 898 6447 4380</p> | <p>Pure Stretch 8:00 am – 9:00 am Paulette Meeting ID: 985 4248 9235</p> | <p>Strength Mix 8:00 am – 9:00 am Heather B. Meeting ID: 874 2928 8218</p> | <p>Zumba® 8:00 am – 9:00 am Karen F. Meeting ID: 826 6510 1731</p> | <p>Basic Training 9:30 am – 10:30 am Jennifer H. Meeting ID: 837 3916 5792</p> |
| <p>Basic Training for Older Adults 9:00 am – 10:00 am Gail B. Meeting ID: 826 6940 0842</p> | <p>Yoga 11:00 am – 12:00 pm Vicki C. Meeting ID: 870 6167 2476</p> | <p>Mix It Up 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p> | <p>Pilates 11:00 am – 12:00 pm Edie M. Meeting ID: 957 0288 6525</p> | <p>Mix It Up 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p> | <p>Strength Mix 9:00 am – 9:45 am Laurie S. Meeting ID: 999 7171 4875</p> | <p>Yoga 10:30 am – 11:30 am Teresa T. Meeting ID: 853 7049 3171</p> |
| <p>Mix It Up 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p> | <p>Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142</p> | <p>Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 940 3353 7968</p> | <p>Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007</p> | <p>Zumba Gold® 9:00 am – 10:00 am Gail B. Meeting ID: 812 2474 5568</p> | <p>Soul Fusion 10:30 am – 11:30 am Sadie G. Meeting ID: 845 6734 4057</p> | <p><i>New classes are added monthly! Always go to the #SCC website for the most up-to-date schedule.</i></p> |
| <p>Yoga 6:00 pm – 7:00 pm Teresa T. Meeting ID: 845 6705 8234</p> | <p>Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 940 3353 7968</p> | <p>Zumba Toning® 5:00 pm – 6:00 pm Karen F. Meeting ID: 883 5208 5416</p> | <p>Strength Mix 7:00 pm – 8:00 pm Jennifer H. Meeting ID: 814 4241 3393</p> | <p>Core Conditioning 11:00 am – 12:00 pm Kristen P. Meeting ID: 938 2238 8362</p> | <p>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. See you there!</p> | |
| <p>Ab Attack 7:00 pm – 8:00 pm Melanie S. Meeting ID: 841 8601 6240</p> | | <p>Tabata 7:00 pm – 8:00 pm Melanie S. Meeting ID: 789 3124 7114</p> | | <p>Yoga 4:00 pm – 5:00 pm Trish L. Meeting ID: 912 1144 9460</p> | | |

THANK YOU to our Sponsors!



Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.



If needed, the Zoom Meeting ID is indicated for each class, and the password for all classes: #SCC2020!!

No registration required. Classes will be open unless full capacity is reached. Schedule is subject to change.

Questions? Contact the Healthy Strides Wellness Coordinator, Liz Ittner at Elizabeth.Ittner@fairfaxcounty.gov.



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

Updated 4/28/2021