








HEALTHY STRIDES COMMUNITY CLASSES

2023 Virtual Fitness Classes

Weekly Schedule


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 8:00 am – 9:00 am Jennifer H. Meeting ID: 892 8887 5392	Yoga 9:00 am – 10:00 am Sadie G. Meeting ID: 898 6447 4380	Yoga 8:00 am – 9:00 am Michael S. Meeting ID: 842 2723 5452	Pure Stretch 8:00 am – 8:45 am Jennifer H. Meeting ID: 848 0203 0991	Zumba® 9:30 am – 10:30 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		Mix It Up + <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739	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 NO CLASS 11/25	Strength Mix 9:00 am – 9:45 am Laurie S. Meeting ID: 847 9264 7084	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		Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 836 5648 6814	<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!!			<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>	Strength Training for Older Adults 10:05 am – 10:50 am Gail B. Meeting ID: 846 2127 9226	<p>To join a class, visit: www.fairfaxcounty.gov/parks/healthy-strides</p> <p>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.</p> <p>Questions? Contact the Healthy Strides Virtual Class Coordinators at christine.molina@fairfaxcounty.gov or laurie.strickland@fairfaxcounty.gov.</p>	
	Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142	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 6:00 pm – 7:00 pm Teresa T. Meeting ID: 845 6705 8234	Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 858 0334 3406	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			

+ 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 2/1/2023