



New

OUTDOOR Fitness Classes

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Rave Reviews*

It's a sunny Saturday morning in July at South Run RECenter, and fitness enthusiasts can hardly wait to get moving again in the Park Authority's new outdoor fitness classes. These are the first RECenter classes offered since Virginia residents and businesses were shuttered in March by Governor Ralph Northam's pandemic-related stay-at-home order.

"I was thrilled to see the yoga class start, and it was fun to take Zumba outdoors, too," said Niki Purkoski of Springfield enthusiastically. "It's nice to get out and be active again in a safe way, and they [the Park Authority] have taken great strides to assure everything is as safe as possible."

Classmate Becky Carlson thought carefully about whether to sign up. She says she's been taking yoga at South Run for the past 10 years and was anxious to get back to the class, but only if it could be done safely in the age of COVID-19.

"Being in a high-risk age group is something to consider," she said, "and I'm not sure I'd take the class inside, but being outside is great, and all precautions are being taken with respect to social distancing. I like it, and I've also done Tai Chi outside."

While the Yoga class takes place on the patio in back, the Running for Fitness class begins with stretching in front of the RECenter before hitting the trail for a nature-inspired run. Class sizes are smaller than usual to help assure appropriate social distancing.

"I think it's fantastic," said Nickie Langland of Alexandria. "If it weren't for these outdoor classes, I'd be doing absolutely nothing, and I feel safe exercising outside."

The Park Authority offers a wide range of morning and evening outdoor fitness classes seven days a week at locations across Fairfax County. Options include Aerobics, Boot Camp, Cycle Spin, Pilates, H.I.I.T, BODYCOMBAT, Fitness for Seniors and more. All classes are held outdoors in locations ranging from RECenter parking lots and patios to fields and trails, and all are conducted with appropriate, pandemic-related safety precautions including social distancing.



To find an outdoor fitness class near you, turn to the Exercise and Fitness section.