

# Audrey Moore RECenter Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Outdoor Boot Camp</u> Sharon 6:00 am Basketball Court 6YY.GZFO	<u>Outdoor Cycle Spin</u> Val 8:00 am Patio KUS.2JJ1	<u>Outdoor Boot Camp</u> Gillian 6:00 am Basketball Court 6YY.FIGW	<u>Outdoor Zumba</u> Julie 9:00 am Basketball Court YSU.W91W	<u>Outdoor Boot Camp</u> Sharon 6:00 am Basketball Court 6YY.VXGT	<u>Outdoor Cycle Spin</u> Jo-Ellen 7:00 am Patio KUS.H81P	<u>Outdoor Tai Chi Yang Style</u> Helen 9:30 am Patio VR0.HYRD
<u>Outdoor Body Sculpting</u> Edie 8:00 am Patio S7V.JTRM	<u>Outdoor Pilates</u> Julie 6:00 pm Basketball Court VR7.4SY4	<u>Outdoor Hi Lo Aerobics</u> Laurie 5:00 pm Basketball Court 5DD.3OUY	<u>Outdoor Cycle Spin</u> Zak 6:00 pm Patio KUS.XH17	<u>Outdoor Hi Lo Aerobics</u> Heather 9:00 am Basketball Court 5DD.RU3Q	<u>Outdoor BODYCOMBAT</u> Jennifer 8:00 am Basketball Court ZQ6.G4ZV	<u>Outdoor Tai Chi Yang Style</u> Helen 10:30 am Patio VR0.XKW3
<u>Outdoor Hi Lo Aerobics</u> Heather 9:00 am Basketball Court 5DD.KVLN	<u>Outdoor Gentle Yoga</u> Debbie 7:00 pm Patio U4D.55HB	<u>Outdoor H.I.I.T.</u> Laurie 5:30 pm Basketball Court EP6.VRC7	<u>Outdoor Yoga</u> JK 7:00 pm Rear Lot KS3.CHVA	<u>Outdoor Zumba</u> Neha 7:00 pm Basketball Court YSU.UQ66	<u>Outdoor Boot Camp</u> Heather 8:00 am Rear Lot 6YY.C2YV	
<u>Outdoor Zumba</u> Shawna 7:00 pm Basketball Court YSU.1FWG		<u>Outdoor Cycle Spin</u> Jo-Ellen 6:00 pm Patio KUS.XFCR	<u>Outdoor Tai Chi Yang Style</u> Helen 7:30 pm Patio VR0.URK5			
<u>Outdoor Yoga</u> Jeff 7:00 pm Patio KS3.IYHN		<u>Outdoor Zumba</u> Basketball Court Andrea   Shawna 9:00 am   7:00 pm <a href="#">YSU.N87B</a>   <a href="#">YSU.647K</a>				

Outdoor fitness classes are now open for registration. Links in this document will take you directly to the class registration page.

Classes will begin the week of Saturday 6/27/2020 - Friday 7/3/2020.\*

For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: [Joseph.Vida@fairfaxcounty.gov](mailto:Joseph.Vida@fairfaxcounty.gov)

\*Some exceptions apply, classes with an asterisk after the title will start after 7/3/20. Follow the link for specific start dates.



For accommodations, contact Inclusion and ADA Support at (703)324-8563. TTY Va. Relay 711.

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# Cub Run RECenter Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Outdoor Bootcamp</u> Michelle 6:30 am Cub Run Back Patio 6YY.DOYA	<u>Outdoor Vinyasa Yoga</u> Melanie P. 6:00 am Cub Run Back Patio WKW.S3PG	<u>Outdoor Boot Camp</u> Michelle 6:30 am Cub Run Back Patio 6YY.XTZK	<u>Outdoor Low Impact Aerobics</u> Lucy 9:00 am Cub Run Back Patio GY5.KFBZ	<u>Outdoor Zumba*</u> Sara 9:00 am Cub Run Back Patio YSU.FBW2	<u>Outdoor Tai Chi I</u> Helen 8:00 am Cub Run Back Patio FRQ.5XFO	<u>Outdoor Zumba</u> Patricia 9:00 am Cub Run Back Patio YSU.EKZL
<u>Outdoor Insanity*</u> Nicole 4:30 pm Cub Run Back Patio E9L.REHX	<u>Outdoor Zumba*</u> Sara 9:00 am Cub Run Back Patio YSU.912W	<u>Outdoor Yoga</u> Kathy 8:00 am Cub Run Back Patio KS3.7Q10	<u>Outdoor Tabata</u> Melanie S. 6:00 pm Cub Run Back Patio M8C.MU3N	<u>Outdoor Yoga</u> Lucy 5:30 pm Cub Run Back Patio KS3.H64A	<u>Outdoor PiYo</u> Alka 9:30 am Cub Run Back Patio YL3.7JBE	
<u>Outdoor Yoga</u> Michelle 5:45 pm Cub Run Back Patio KS3.ME7M	<u>Outdoor Tai Chi II*</u> Sally 6:00 pm Cub Run Back Patio I89.8FCX	<u>Outdoor Body Combat</u> Melanie P. 5:30 pm Cub Run Back Patio ZQ6.Q5B3	<u>Outdoor Yoga</u> Lucy 7:15 pm Cub Run Back Patio KS3.F7Z6			
<u>Outdoor Body Combat</u> Jennifer 7:00 pm Cub Run Back Patio ZQ6.JQXK	<u>Outdoor Meditation*</u> Sally 7:15 pm Cub Run Back Patio WAY.1OR3	<u>Outdoor Vinyasa Yoga</u> Melanie P. 6:35 pm Cub Run Back Patio WKW.MYXJ				

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Classes will begin the week of Saturday 6/27/2020 - Friday 7/3/2020.\*

For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: [Julie.Frederickson@fairfaxcounty.gov](mailto:Julie.Frederickson@fairfaxcounty.gov).

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# Lee District RECenter Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Outdoor Gentle Yoga</u> Judy 9:00 am Pool Deck U4D.XNFF		<u>Outdoor Gentle Yoga</u> Judy 9:00 am Pool Deck U4D.92BC	<u>Outdoor Tai Chi I</u> Sally 6:30 pm Pool Deck I89.ALMA	<u>Outdoor Zumba</u> Kathy 7:00 pm Field YSU.FOB2	<u>Outdoor BODYCOMBAT</u> Jennifer H. 10:00 am Field ZQ6.VX5L
<u>Outdoor Yoga</u> Judy 10:30 am Pool Deck KS3.A6FZ		<u>Outdoor Yoga</u> Judy 10:30 am Pool Deck KS3.A6FZ			
<u>Outdoor PiYo</u> Jennifer S. 6:30 pm Field YL3.373J		<u>Outdoor Mix It Up</u> Nancy 6:30 pm Field F8R.SKV1			
		<u>Outdoor Zumba</u> Seneyda 7:30 pm Field YSU.3TZ3			

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For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: [Morgan.Buck@fairfaxcounty.gov](mailto:Morgan.Buck@fairfaxcounty.gov)

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# Mount Vernon RECenter Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Outdoor Cycle Spin</u> Shirl 6:30 am Sundeck KUS.AWDL	<u>Outdoor Mix It Up</u> Sadie 9:00 am Parking Lot 2 F8R.1CAA	<u>Outdoor Cycle Spin</u> Shirl 6:30 am Sundeck KUS.L77G	<u>Outdoor Boot Camp</u> Sadie 9:00 am Parking Lot 2 6YY.2NG9	<u>Outdoor Cycle Spin</u> Shirl 6:30 am Sundeck KUS.HOV1	<u>Outdoor Yoga</u> Roxann 8:15 am Parking Lot 2 KS3.PK9Z	<u>Outdoor Yoga</u> Jaime 8:15 am Parking Lot 2 KS3.WKOU
<u>Outdoor Mix It Up</u> Brenda 9:00 am Parking Lot 2 F8R.P1ZD	<u>Outdoor Cycle Spin</u> Shirl 5:00 pm Sundeck KUS.GJ8B	<u>Outdoor Indo Row</u> Brenda 9:00 am Sundeck DDE.5ZGD	<u>Outdoor Cycle Spin</u> Shirl 5:00 pm Sundeck KUS.ANS5	<u>Outdoor Yoga</u> Kristina 8:00 am Parking Lot 2 KS3.218G	<u>Outdoor Pilates</u> Christine 9:00 am Sundeck VR7.97Z0	<u>Outdoor Cycle Spin</u> Anne 9:00 am Sundeck KUS.A5KF
	<u>Outdoor PiYo</u> Alyssa 6:00 pm Parking Lot 2 YL3.L1FF	<u>Outdoor Yoga</u> Julie 6:00 pm Parking Lot 2 KS3.MRVR	<u>Outdoor Yoga</u> Geoff 6:00 pm Parking Lot 2 KS3.TFYD	<u>Outdoor Pilates</u> Shirl 9:00 am Sundeck VR7.79X2		
	<u>Outdoor Boot Camp</u> Nancy 6:15 pm Sundeck 6YY.NPBU					

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Classes will begin the week of Saturday 6/27/2020 - Friday 7/3/2020.\*

For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: [Mary.Malof@fairfaxcounty.gov](mailto:Mary.Malof@fairfaxcounty.gov)

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# Oak Marr RECenter

## Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Outdoor Bootcamp</u> <u>Jamie R.</u> <u>9:00 am</u> Nottoway Park 6YY.TYAQ	<u>Outdoor Pilates</u> <u>Sherry S.</u> <u>8:00 am</u> Oak Marr Patio VR7.JALN	<u>Outdoor Fitness</u> <u>for Seniors</u> <u>Robin W.</u> <u>7:30 am</u> Oak Marr Parking lot VTM.S7Q6	<u>Outdoor Pilates</u> <u>Sherry S.</u> <u>8:00 am</u> Oak Marr Patio VR7.JALN	<u>Outdoor Fitness for</u> <u>Seniors</u> <u>Robin W.</u> <u>7:30 am</u> Oak Marr Parking lot VTM.BN4B	<u>Outdoor Zumba</u> <u>Shawna</u> <u>9:00 am</u> Oak Marr Parking lot YSU.QOOD	<u>Outdoor Yoga</u> <u>Juanita</u> <u>10:30 am</u> Oak Marr Patio KS3.UORO
<u>Outdoor Tai Chi II</u> <u>Sally HB.</u> <u>5:30 pm</u> Oak Marr Patio I89.3ZPA	<u>Outdoor Running</u> <u>for Fitness*</u> <u>Cindy F.</u> <u>7:30 am</u> Oak Marr Parking lot EC2.64X5	<u>Outdoor Pilates</u> <u>Sherry S.</u> <u>9:00 am</u> Nottoway Park VR7.KSOT	<u>Outdoor Running</u> <u>for Fitness*</u> <u>Cindy F.</u> <u>7:30am</u> Oak Marr Parking lot EC2.E515	<u>Outdoor Gentle</u> <u>Yoga</u> <u>Trish L.</u> <u>9:00am</u> Nottoway Park U4D.RHRD		
<u>Outdoor Tai Chi I</u> <u>Sally HB.</u> <u>6:30pm</u> Oak Marr Patio FRQ.Z6C1	<u>Outdoor Gentle</u> <u>Yoga</u> <u>Susan K.</u> <u>5:30pm</u> Nottoway Park U4D.OISG	<u>Outdoor Hatha</u> <u>Combo*</u> <u>Robyn P.</u> <u>6:00 pm</u> Oak Marr Patio NOD. KFGA	<u>Outdoor Yoga</u> <u>Noel S.</u> <u>5:30 pm</u> Oak Marr Patio KS3.KF6E	<u>Outdoor Yoga</u> <u>Noel S.</u> <u>5:30 pm</u> Nottoway Park KS3.I8P3		
<u>Outdoor Vinyasa Yoga</u> <u>Rhonda K.</u> <u>6:00 pm</u> Nottoway Park WKW.52MA	<u>Outdoor Bootcamp*</u> <u>Cindy F.</u> <u>7:30 pm</u> Nottoway Park 6YY.4P23	<u>Outdoor Fitness</u> <u>for Seniors</u> <u>Barb E.</u> <u>5:30pm</u> Oak Marr Parking lot VTM.WYKD	<u>Outdoor Bootcamp</u> <u>Jennifer H.</u> <u>6:30 pm</u> Nottoway Park 6YY.UVJV	<u>Outdoor Pilates</u> <u>Michele W.</u> <u>6:30 pm</u> Oak Marr Patio VR7.M1K1		
<u>Outdoor Vinyasa Yoga</u> <u>Rhonda K.</u> <u>7:15 pm</u> Nottoway Park WKW.6T2P			<u>Outdoor Mat Fusion</u> <u>Jennifer H.</u> <u>7:30 pm</u> Nottoway Park EMS.BOYV			

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Classes will begin the week of Saturday 6/27/2020 - Friday 7/3/2020.\*

For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: [Hannah.Hutton@fairfaxcounty.gov](mailto:Hannah.Hutton@fairfaxcounty.gov)

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# Providence RECenter Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Outdoor Zumba Gold</u> Connie 9:00 am Sundeck QRG.Y8DB	<u>Outdoor Tai Chi II</u> Ed 8:00 am Sundeck I89.96H9	<u>Outdoor Zumba Gold</u> Ligia 9:00 am Sundeck QRG.HKKB	<u>Outdoor Mix It Up</u> Patricia 9:00 am Parking Lot F8R.SAES	<u>Outdoor Tai Chi I</u> Doug 9:00 am Sundeck FRQ.SBYO	<u>Outdoor TURBOKICK</u> Jenna 9:00 am Sundeck 5H2.PC17
<u>Outdoor Walking for Fitness</u> Marie 9:00 am Trails SDU.AK13	<u>Outdoor Tai Chi III</u> Ed 9:00 am Sundeck R6B.78E0	<u>Outdoor Walking for Fitness</u> Marie 9:00 am Trails SDU.K5F8	<u>Outdoor Yoga</u> Simona 10:00 am Sundeck KS3.F8BU	<u>Outdoor Tai Chi II</u> Doug 10:00 am Sundeck I89.YROG	<u>Outdoor Yoga</u> Shobha 10:00 am Sundeck KS3.A04A
<u>Outdoor Yoga</u> Simona 6:00 pm Sundeck KS3.YCVT	<u>Outdoor Mix It Up</u> Patricia 9:00 am Parking Lot F8R.SWK2	<u>Outdoor Zumba</u> Neha 6:00 pm Sundeck YSU.Q3JK	<u>Outdoor Yoga for Stress Management</u> Jean 5:30 pm Sundeck L5X.4PU0	<u>Outdoor Zumba</u> Debora 10:00 am Parking Lot YSU.4RY1	
<u>Outdoor H.I.I.T.</u> Gillian 6:00 pm Parking Lot EP6.8P56	<u>Outdoor Yoga</u> Jean 5:30 pm Sundeck KS3.3Y7P	<u>Outdoor H.I.I.T.</u> Gillian 6:00 pm Parking Lot EP6.8L5D		<u>Outdoor Zumba</u> Teresa 6:00 pm Sundeck YSU.VZ0Q	
	<u>Outdoor Cardio Kickboxing</u> Lisa 7:00 pm Sundeck G5E.JCOI				

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Classes will begin the week of Saturday 6/27/2020 - Friday 7/3/2020.\*

For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: [Christine.Molina@fairfaxcounty.gov](mailto:Christine.Molina@fairfaxcounty.gov)

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# South Run RECenter

## Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Outdoor Cycle Spin</u> Dempsey 5:30 am Outside Vestibule KUS.9070	<u>Outdoor Boot Camp</u> Wendy 7:00 am Pool Deck 6YY.MOLA	<u>Outdoor Cycle Spin</u> Dempsey 5:30 am Outside Vestibule KUS.SSGO	<u>Outdoor Boot Camp</u> Wendy 7:00 am Basketball Court 6YY.6UE4	<u>Outdoor Cycle Spin</u> Dempsey 5:30 pm Outside Vestibule KUS.CASV	<u>Outdoor Cycle Spin</u> Paula 8:00 am Outside Vestibule KUS.HWAF
<u>Outdoor Boot Camp</u> Laurie 8:30 am Pool Deck 6YY.CQAJ	<u>Outdoor BODYCOMBAT</u> Jennifer 6:30 pm Pool Deck ZQR.7KSZ	<u>Outdoor Boot Camp</u> Gail 7:00 am Pool Deck 6YY.9038	<u>Outdoor Pilates</u> Laurie 6:15 pm Grass Behind RECenter VR7.C0A9	<u>Outdoor Cycle Spin</u> Dempsey 6:30 pm Outside Vestibule KUS.7SK1	<u>Outdoor Yoga</u> Debra 8:00 am Pool Deck KS3.1WQ8
<u>Outdoor Cycle Spin</u> Dempsey 6:30 pm Outside Vestibule KUS.UMZN	<u>Outdoor Mat Fusion</u> Brenda 7:00 pm Pool Deck EMS.MGDG	<u>Outdoor Cycle Spin</u> Bernadette 6:30 pm Outside Vestibule KUS.SQHM	<u>Outdoor H.I.I.T.</u> Anne 7:15 pm Concrete Slab by Field EP6.HROF		<u>Outdoor Yoga</u> Debra 9:00 am Pool Deck KS3.EH5N
<u>Outdoor H.I.I.T.</u> Francesca 7:00 pm Pool Deck EP6.0LSB		<u>Outdoor Boot Camp</u> Anne 7:00 pm Pool Deck 6YY.Z6EI			<u>Outdoor Running for Fitness</u> Ellen 8:30 am Trails EC2.T47N
<u>Outdoor Yoga</u> Debra 7:30 pm Pool Deck KS3.N5V7		<u>Outdoor Yoga</u> Michael 8:00 pm Pool Deck KS3.H83Q			

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Classes will begin the week of Saturday 6/27/2020 - Friday 7/3/2020.\*

For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: [Laurie.Strickland@fairfaxcounty.gov](mailto:Laurie.Strickland@fairfaxcounty.gov)

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# Spring Hill RECenter

## Parktakes Outdoor Group Fitness Classes

MONDAY AM	MONDAY PM	TUESDAY	WEDNESDAY AM	WEDNESDAY PM	THURSDAY	FRIDAY
<a href="#">Outdoor Barre Flow</a> Sheila 6:30 am Field 5 BL3.8M7A	<a href="#">Outdoor Fitness Circuit</a> Sheila 6:00 pm Field 4 4GI.5B12	<a href="#">Outdoor Strong by Zumba</a> Karen 9:00 am Field 5 ILP.QYED	<a href="#">Outdoor Boot Camp</a> Steve 9:00 am Field 5 6YY.RQ11	<a href="#">Outdoor Boot Camp</a> Jennifer B 7:00 pm Field 5 6YY.57MJ	<a href="#">Outdoor Strong by Zumba</a> Karen 9:00 am Field 5 ILP.IXAR	<a href="#">Outdoor Boot Camp</a> Steve 9:00 am Field 5 6YY.RNO6
<a href="#">Outdoor Boot Camp</a> Steve 9:00 am Field 5 6YY.5YEZ	<a href="#">Outdoor Boot Camp</a> Doug 7:00 pm Field 4 6YY.MVJC	<a href="#">Outdoor Zumba Gold</a> Jane 9:00 am Field 5 QRG.QZ39	<a href="#">Outdoor Fitness for Seniors</a> Kristen 9:00 am Field 5 VTM.JKV3	<a href="#">Outdoor Tai Chi II with Props</a> Bob 7:00 pm Parking Lot VQS.4CYC	<a href="#">Outdoor Zumba</a> Jane 9:00 am Field 5 YSU.OIFK	<a href="#">Outdoor Mix It Up</a> Sherry 10:00 am Field 5 F8R.ZCQL
<a href="#">Outdoor Fitness for Seniors</a> Kristen 9:00 am Field 5 VTM.OH3V		<a href="#">Outdoor Zumba</a> Sandra 10:00 am Field 5 YSU.GYZ2	<a href="#">Outdoor Chair Fitness</a> Kristen 10:00 am Bus Pad ZGP.7X8F		<a href="#">Outdoor Boot Camp</a> Brendan 6:00 pm Field 4 6YY.478P	<a href="#">Outdoor Line Dance</a> Kristen 7:00 pm Parking Lot LAT.1B46
<a href="#">Outdoor Chair Fitness</a> Kristen 10:00 am Bus Pad ZGP.A5E5		<a href="#">Outdoor Boot Camp</a> Brendan 6:00 pm Field 4 6YY.PFH3	<a href="#">Outdoor Stretch</a> Smeeta 10:00 am Field 5 VBQ.G6WQ		<a href="#">Outdoor TURBOKICK</a> Kelly 6:00 pm Parking Lot 5H2.9CKF	
<a href="#">Outdoor Stretch</a> Smeeta 10:00 am Field 5 VBQ.0WXR					<a href="#">Outdoor Yoga</a> Simona 7:00 pm Field 4 KS3.9AW6	

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For specific questions regarding our classes, email the Fitness Director: [John.Bartok@fairfaxcounty.gov](mailto:John.Bartok@fairfaxcounty.gov)

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