

# 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				

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: [Julie.Frederickson@fairfaxcounty.gov](mailto:Julie.Frederickson@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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