



CUB RUN REC CENTER

4630 Stonecroft Blvd.
Chantilly, VA 20151 – 703.817.9407

September 2021 DROP-IN GROUP FITNESS SCHEDULE

BRING MAT, WATER, & TOWEL TO CLASS. MODIFIED SCHEDULE LABOR DAY WEEKEND.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW! Cardio Kick Mix 9:30-9:55 AM Julie C. / MPR1 <i>Starts 9/13</i>	Yoga 6:00-6:55 AM Melanie / MPR1	Basic Training 5:30-6:25 AM* Michelle / BP <small>*MPR1 inclement weather</small>	Yoga 6:00-6:55 AM Melanie / MPR1	Outdoor Cycle Spin 5:30-6:25 AM Michelle / BP	BODYPUMP™ 7:00-7:55 AM Melanie / MPR1	Gentle Cardio 8:00-8:55 AM Julie C. / MPR1
NEW! Ab Attack 10:00-10:25 AM Julie C. / MPR1 <i>Starts 9/13-Bring a mat</i>	NEW! Fit Circuit 11:30-12:25 AM Ronda / MPR1	BODYPUMP™ 8:30-9:25 AM Peggy / MPR1	NEW! Yoga 11:00-11:55 AM Alec / MPR1	BODYPUMP™ 8:30-9:25 AM Peggy / MPR1	BODYCOMBAT 8:10-9:05 AM Melanie / MPR1	Zumba® 9:00-9:55 AM Patricia / MPR2 <i>No class on 9/4</i>
New! Gentle Cardio 10:30-10:55 AM Julie C. / MPR1 <i>Starts 9/13</i>	Zumba® 5:30-6:25 PM Teri / MPR1	NEW! Outdoor Cycle Spin 10:00-10:55 AM Michelle / BP	Zumba® 6:00-6:55 PM Patricia / MPR2	Zumba® 6:30-7:25 PM Patricia* / MPR2	Zumba® 9:15-10:10 AM Bindu / MPR2	Looking for something more personal? We offer individual, group, and specialty personal training. Sessions with a Registered Dietician are now available. Personal Training Park Authority (fairfaxcounty.gov)
NEW! Outdoor Pure Stretch 5:00-5:55 PM Jennifer / FPL* <i>Starts 9/13-Bring a mat</i>	Gentle Cardio 7:00-7:55 PM Julie C. / MPR1	BODYPUMP™ 5:30-6:25 PM Melanie / MPR1	<u>Please stay home if you are sick or have been exposed to Covid-19 in the last 14 days.</u> Updated Guidelines to Keep You Safe: <ul style="list-style-type: none"> Masks will be required for all members and guests for indoor group exercise classes. Please continue to bring your own personal exercise or yoga mat to class. Please continue to wipe down equipment before and after use to help staff maintain a clean environment. 		BODYPUMP™ 10:00-10:55 AM Fred & Irene/MPR1	
BODYPUMP™ 5:30-6:25 PM Peggy / MPR1 <i>9/6 holiday class at 9 AM</i>	*Indicates a change. ✓ Class in danger of cancellation due to low attendance. Current month will run as scheduled.	NEW! Zumba®* 6:30-7:25 PM Eve / MPR2			<i>This calendar is subject to change due to instructor and room availability.</i>	
Outdoor BODYCOMBAT 6:00-6:55 PM Jennifer / FPL* <i>9/6 holiday class at 5 PM</i>		BODYCOMBAT 6:40-7:35 PM Melanie / MPR1				

These classes are included with your Rec Center membership. Non-members pay the general admission rate at time of check-in. Please be prepared to show proof of county residency and/or student ID for applicable discounts. This calendar is subject to change; please call the Rec Center with questions or concerns. For questions or comments regarding the schedule, please e-mail the Fitness Director at julie.frederickson@fairfaxcounty.gov.



For Inclusion and ADA Support call 703.324.8563 • TTY Va. Relay 711.

Class Descriptions

Ab Attack-The fastest way to get it done is with 25-minutes of innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.

Basic Training-This class is a physically challenging workout with military-style design to tone and strengthen both body and mind, using a combination of calisthenics, floor exercises, and drills. It's the ideal workout for the intermediate to advanced exercise participant who wants to mix things up a bit.

BODYCOMBAT-Punch and kick your way to fitness, burning lots of calories. These high-energy martial arts inspired workout is totally non-contact with no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. Release stress, have a blast and feel like a champ.

BODYPUMP™-The original, preformatted barbell class that strengthens your entire body. Challenge your major muscle groups by using the best weight room exercises.

Choose your own weight level, listen to great music, and quickly get the results you desire!

Cardio Kick Mix-Punch, kick, and jab your way through an action-packed workout! Kickboxing patterns, cardio intervals, and core training are combined in this high-energy workout to give an intense calorie burn to all levels of participants.

Cycle Spin-Come join indoor cycling and get rolling! It's an invigorating workout great for everyone, allowing riders to work at their own paces, whether beginner, intermediate, or advanced. Water bottles and a towel are necessary for this class.

Gentle Cardio-Take a class that is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping—great for anyone and everyone! This class may include light body sculpting with hand weights or floorwork at the end.

Fit Circuit-Combining both cardio and strength-building exercises to get your heart pumping and

muscles working, this exciting class targets all major muscle groups using a format of three-minute segments on various equipment—bikes, weights, steps, balls, bodyweight, etc. Are you ready for the circuit challenge?

Pure Stretch-Work on flexibility—a much-needed and often overlooked component of overall fitness—in a class which focuses on stretching every major muscle group for stress and pain reduction, as well as injury prevention.

Yoga-This beginner class is designed to teach newcomers the fundamental concepts of yoga, basic postures and breathing techniques will be practiced. This class is excellent preparation for the Hatha Level I class.

Zumba®-Exercise your body and energize your soul in these exciting aerobics classes. Tone up as you get down with energetic Latin music, rhythms, and dance moves.

Room Codes: BP=Back Patio; FPL=Far Parking Lot; Circle=By Circle Driveway (straight out from front door); MPR1=Multipurpose Room 1 (Indoors)

Please wear sneakers and comfortable clothing that allow free movement. Twelve is the minimum age for drop-in class participants.



HEALTHY STRIDES
COMMUNITY CLASSES

Live Virtual 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><i>Always go to the HSCC website for the most up-to-date schedule.</i></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 Gail B. Meeting ID: 860 6134 5097</p>	<p>Basic Training 9:30 am – 10:30 am Jennifer H. Meeting ID: 837 3916 5792</p>
<p>Mix It Up 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Mix It Up 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</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>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 Deb P. Meeting ID: 870 6167 2476</p>	<p>Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 940 3353 7968</p>	<p>Pilates 11:00 am – 12:00 pm Edie M. Meeting ID: 957 0288 6525</p>	<p>Zumba Gold® 9:00 am – 10:00 am Gail B. Meeting ID: 812 2474 5568</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.</p> <p><i>See you there!</i></p>	
<p>Yoga 6:00 pm – 7:00 pm Teresa T. Meeting ID: 845 6705 8234</p>	<p>Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142</p>	<p>Zumba Toning® 5:00 pm – 6:00 pm Shawna D. Meeting ID: 883 5208 5416</p>	<p>Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007</p>	<p>Core Conditioning 11:00 am – 12:00 pm Kristen P. Meeting ID: 864 7799 4986</p>		
<p>Ab Attack 7:00 pm – 8:00 pm Melanie S. Meeting ID: 841 8601 6240</p>	<p>Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 940 3353 7968</p>	<p>Tabata 7:00 pm – 8:00 pm Melanie S. Meeting ID: 789 3124 7114</p>	<p>Strength Mix 7:00 pm – 8:00 pm Jennifer H. Meeting ID: 814 4241 3393</p>	<p>Yoga 4:00 pm – 5:00 pm Trish L. Meeting ID: 825 4657 6059</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 8/10/2021



Class Descriptions

Ab Attack – The fastest way to get it done is with thirty minutes of innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.

Basic Training - Enjoy a weight training class that is appropriate for all ages. Learn to safely use all types of strength training equipment—even your own bodyweight—in fun, innovative ways. The benefits of functional strength are many, including greater bone density, improved coordination, better balance, and increased lean muscle mass. **Older Adults** format focuses on the same goals but at a lower intensity.

BodyCombat - Punch and kick your way to fitness, burning lots of calories. This high-energy martial arts inspired workout is totally non-contact with no complex moves to master. Release stress, have a blast, and feel like a champ.

BodyPump - BodyPump is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls.

Core Conditioning - This class emphasizes sculpting and strengthening the trunk with its major muscle groups—feel your abs, glutes, hip, back and chest muscles like never before using balls, the BOSU, body bars, and mats.

Cycle Challenge - This low impact, high intensity class is designed for fit individuals who want to take their spin workouts to another level. **Cycle Fusion** combines a standard indoor cycle class with an extended stretching or yoga during the last part of the class. **Cycle Strength** combines a standard indoor cycle class with an extended muscle strengthening segment of class off the bike.

HIGH Fitness - Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love! Finally, a fitness class that is easy to follow and a total blast. Come have some BODY SCULPTING FUN!

Mix It Up - It's the Instructor's choice for a fun and challenging total body workout. This class may include everything from muscle toning to aerobics.

Pilates – This mat workout is designed to teach fundamental concepts basic movements, breathing, and modifications of the original Pilates method.

Pop Pilates - Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles.

Pure Stretch - Work on your flexibility – a much needed and often overlooked component of overall fitness - in a class which focuses on stretching every major muscle group for stress and pain reduction, as well as injury prevention.

Strength Mix - Join the strength and cardio-based, total-body conditioning class. We change it up to give you the maximum amount of fun, with lots of variety to give you the maximum results. All fitness levels are welcome.

WARRIOR Rhythm™ - SOULfusion is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment. We also use our own body weight, or dumbbells for the strength sections.

Tabata - Tabata interval training is the most intense training on the planet. Each workout segment is only 4 minutes long, with a work/rest ratio of 20 seconds to 10 seconds, but you will work harder in those 4 minutes than you would in 30 minutes of traditional steady state training. You will efficiently train for both cardio and strength without any wasted time or boredom.

Tai Chi - Ever wonder what that “Tai Chi” stuff is? Did you know it can help your posture, calmness, and overall body sense? Did you know it can build strength? Come and try it out.

Yoga - Gain greater strength and flexibility as you learn basic yoga postures and different breathing techniques. All levels welcome.

Zumba - Dance your way into fitness with a fun, energetic, easy way to exercise. Zumba is a high/low cardio workout using the hottest Latin music and moves, as well as other world genres.

Zumba Gold offers a toned-down version of the regular Zumba class with less pivoting. Zumba Gold moves are designed for active older adults or those looking for a low-impact workout.

Zumba Toning blends Zumba moves and body sculpting techniques using maraca-like Zumba Toning Sticks for an intense strength-training experience. Alternatively, regular dumbbells can be used.

All classes are beginner level. All ages and abilities welcomed – our instructors will provide modifications for all levels in these classes. If you have a particular concern, feel free to chat with the instructor at the beginning of class.

If you have more specific questions regarding a class format, please email Elizabeth.Ittner@fairfaxcounty.gov