

# February 2023

## DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zumba Toning</b> 9:30-10:25 AM <i>Suja/MP</i>	<b>Cycle Challenge</b> 6-6:45am <i>Shirl/MP</i>	<b>Pilates</b> 9-9:50am <i>Shirl/ Rm 4</i>	<b>Cycle Fusion</b> 6-6:55am <i>Shirl/MP</i>	<b>Yoga</b> 8-8:55am <i>Rebecca/ MP</i>	<b>Yoga</b> 8:15-9:10am <i>Roxann/DR</i>
		<b>Zumba</b> 9:30-10:25 AM <i>Suja/MP</i>	<b>Pilates</b> 7:30-8:25am <i>Shirl/ MP</i>		
<b>Gentle Cardio</b> 10:30-11:15 AM <i>Shirl/MP</i>	<b>Zumba</b> 9:30-10:25 AM <i>Isabel/Treehouse</i> (Weather Location: MP)	<b>Strong Nation</b> 10:30-11:25 AM <i>Isabel/DR</i>	<b>Zumba</b> 9:30-10:25 AM <i>Isabel/Treehouse</i> (Weather Location: MP)	<b>Zumba</b> 9:30-10:25 AM <i>Suja/MP</i>	<b>Cycle Spin</b> 9:00-9:45 AM <i>Dempsey/MP</i>
				<b>Aqua Fresh</b> 9:45-10:40 AM <i>Debi O/ Shallow End</i>	
	<b>Yoga</b> 9:30-10:25am <i>Tryshah/ FS</i>	<b>Cycle Spin</b> 10:35-11:20 AM <i>Annie/MP</i>	<b>Balls and Bands</b> 10:30-11:00 AM <i>Isabel /Treehouse</i>	<b>Cycle Spin</b> 10:30-11:25 AM <i>Dempsey/Amphitheater</i> (Weather Location: FS)	<b>Outdoor Body Combat</b> 10:00-10:55 AM <i>Jennifer/Gym #3</i>
<b>Yoga</b> 10:30-11:25am <i>Nicki/FS</i>	<b>Balls and Bands</b> 10:30-11:00 AM <i>Isabel /Treehouse</i> (Weather Location: MP)	<b>Ab attack</b> 11:30-12:05AM <i>Isabel/DR</i>	<b>Vinyasa Yoga</b> 12:30-1:25pm <i>Marlita/ MP</i>	<b>Core Conditioning</b> 11:30-12:25 PM <i>Dempsey/Amphitheater</i> (Weather Location: FS)	<b>Standing Tai Chi- Stretch and Abs</b> 11:00-11:30 AM <i>Jennifer/ Basketball Court</i>
		<b>Core Conditioning</b> 11:35-12:00 PM <i>Annie/MP</i>			
					Sunday
<b>Cycle Spin</b> 11:45-12:30 PM <i>Shirl/ MP</i>	<b>Basic Training</b> 5:30pm-6:25pm <i>Nancy B /MP</i>	<b>Vinyasa Yoga</b> 12:30-1:25 PM <i>Kristina/MP</i>	<b>Cycle Spin</b> 5:00-5:55 PM <i>Shirl/ MP</i>	<b>Zumba</b> 5:30-6:25 PM <i>Nikki/MP</i>	<b>Yoga</b> 8:15-9:10am <i>Jaime/ MP</i>
<b>Body Pump</b> 5:55-6:50 PM <i>Michaela/ DR</i>	<b>Zumba</b> 6:30-7:25 PM <i>Suja/MP</i> <i>*No Class on 1/3 , 1/10, and 1/17</i>	<b>Mix-It-Up</b> 6:30-7:25 PM <i>Nancy P / MP</i>	<b>Body Pump</b> 5:55-6:50 PM <i>Michaela/ DR</i>		<b>Cycle Spin</b> 9:30-10:25am <i>Annie/ MP</i>
	<b>Cycle Spin</b> 7:30-8:15 PM <i>Dempsey/ MP</i>	<b>Yoga</b> 7-7:55pm <i>Julie/ FS</i>	<b>Yoga</b> 7:00-7:45 PM <i>Deborah / MP</i>		<b>Barre</b> 4:00-4:55pm <i>Shirl/ DR</i>



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These classes are included with your RECenter 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 RECenter with questions or concerns.  
 For questions or comments regarding the schedule, please e-mail the Fitness Director at [morgan.buck@fairfaxcounty.gov](mailto:morgan.buck@fairfaxcounty.gov)

## Class Descriptions

### Outdoor Core Conditioning

The fastest way to work out your core. Innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.  
 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.

### 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.

### Meditation

Enjoy this simple introduction to meditation for beginners. Learn how to release tension, relax the body, and change negative emotions to create a greater sense of well-being and joy. Students will practice focusing the mind to increase concentration and to develop self-awareness. Find your connection to inner peace in this class.

### 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 of 45 minutes.

### Dance Flow

Discover the dancer inside yourself with this fun workout for body, mind, and spirit. You will enjoy being led on a movement journey through both world and popular music to inspire passion and joy in everyone! No dance experience is necessary.

### PiYo

PiYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility, and have a great time doing it!

### Barre

Learn the secrets of a ballet body workout. Barre training is the hottest new fitness class for a ballet buff body. This techniques class will prepare you for our registration classes using the Barre workout method. Once you master the fundamentals, you will be ready to get the most out of your Barre class.

### Gentle Yoga

Gentle Stretches, yoga postures and breathing techniques increases flexibility and strength for those desiring a slower pace. This is gentle practice may be suitable for individuals returning from illness or injury of those with physical challenges.

### Balls and Bands

Tired of being limited to machines and dumbbells? Take your workout to the next level by learning how to challenge muscles creatively using your bodyweight on stability balls and with resistance tubing/dynabands.

### Meditation

Enjoy this simple introduction to meditation for beginners. Learn how to release tension, relax the body, and accept or change negative emotions to create a greater sense of well-being and joy. Students will practice focusing the mind to increase concentration and to develop self-awareness. Find your connection to inner peace in this class.

### 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?

### Abs, Back, & Stretch

If you think Pilates is too much, but like the idea of working the core muscle groups, then this class is for you! It focuses on trunk exercises to promote strength, flexibility, better posture, and good form.

### Yoga

In this beginner class 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. Please bring a sticky yoga mat to class.

### Zumba and Zumba Toning

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

**Room Codes: FS=Fitness Studio; MP= Multi Purpose Room; L1=Parking Lot 1; G3 =Gym #3; DR=Dance Room**

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













# HEALTHY STRIDES COMMUNITY CLASSES

## 2023 Virtual Fitness Classes

Weekly Schedule

[www.fairfaxcounty.gov/parks/healthy-strides](http://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  Live at Providence 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739		Mix It Up  Live at Providence 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  Live at Providence 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739 <b>NO CLASS 11/25</b>	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	Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.	Zumba Gold® 9:00 am – 10:00 am Gail B. Meeting ID: 812 2474 5568	 Always go to the HSCC webpage for the most up-to-date schedule.	
 <b>zoom</b> If needed, the Zoom Meeting ID is indicated for each class, and the password for all classes: <b>HSCC2020!!</b>				Strength Training for Older Adults 10:05 am – 10:50 am Gail B. Meeting ID: 846 2127 9226	<b>To join a class, visit:</b> <a href="http://www.fairfaxcounty.gov/parks/healthy-strides">www.fairfaxcounty.gov/parks/healthy-strides</a> <b>Click on the class link in the schedule.</b> <b>You will be taken directly to Zoom.</b> <b>No registration required.</b> Classes will be open unless full capacity is reached. Schedule is subject to change.  <b>Questions?</b> Contact the Healthy Strides Virtual Class Coordinators at <a href="mailto:christine.molina@fairfaxcounty.gov">christine.molina@fairfaxcounty.gov</a> or <a href="mailto:laurie.strickland@fairfaxcounty.gov">laurie.strickland@fairfaxcounty.gov</a> .	
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)  Live at Oak Marr 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](http://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](http://www.fairfaxcounty.gov/parks/accessible).

Updated 2/1/2023



## 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** - Learn to strength train in fun, innovative ways. Benefits of functional strength: 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.

**Cardio Kickboxing** - 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.

**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.

**Glutes & Abs** – A quick 30-minute class that will target on burning body fat, core and lower back strengthening, booty shaping and lifting, and hip and thighs toning. The class will focus on building lean muscle through a series of mindful movements with your own body weight or equipment such as dumbbells, resistance bands, ankle weights, gliding discs and more. Great for any level, modifications are shown for those needing to take it easy or take it to the next level.

**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.

**Mix It Up (Mat)** - Looking for a safe and effective way to improve flexibility, endurance, and muscle tone? Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques.

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

**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.

**Tabata** - 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.

**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.

**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.**



**Hybrid class** Indicated on the Live Virtual Class Schedule, 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](http://www.fairfaxcounty.gov/parks/recenter/schedules).