

# September 2021

## DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zumba Toning</b> 9:30-10:15 AM <i>Laura/MP</i>		<b>Zumba</b> 9:30-10:25 AM <i>Suja/MP</i>		<b>Zumba</b> 9:30-10:25 AM <i>Suja/MP</i>	<b>Outdoor Cycle Spin</b> 9:00-9:45 AM <i>Dempsey/ Amphitheater</i>
<b>Gentle Cardio</b> 10:30-11:15 AM <i>Shirl/MP</i>	<b>Outdoor Dance Flow</b> 9:30-10:25 AM <i>Isabel /Amphitheater</i>	<b>Cycle Spin</b> 10:30-11:15 AM <i>Annie/MP</i>	<b>Outdoor Dance Flow</b> 9:30-10:25 AM <i>Isabel /Amphitheater</i> <b>**NEW CLASS**</b>	<b>Outdoor Cycle Spin</b> 10:30-11:15 AM <i>Dempsey/Amphitheater</i>	<b>Outdoor Body Combat</b> 10:00-10:55 AM <i>Jennifer/L1</i>
<b>Cycle Spin</b> 11:45-12:30 PM <i>Shirl/MP</i>		<b>Core Conditioning</b> 11:30-11:55 AM <i>Annie/MP</i>		<b>Outdoor Core Conditioning</b> 11:25-11:50 AM <i>Dempsey/Amphitheater</i>	<b>Standing Tai Chi-Stretch and Abs</b> 11:15-11:40 AM <i>Jennifer/ L1</i>
<b>Reservations are no longer required for drop-in fitness classes!</b>					<b>Sunday</b>
	<b>Outdoor Cycle Spin</b> 7:30-8:15 PM <i>Dempsey/Amphitheater</i>	<b>Barre</b> 5:00-5:45 PM <i>Shirl/ FS</i>	<b>Outdoor Fit Circuit</b> 6:15-7 PM <i>Dempsey/ Amphitheater</i>		<b>Step-It-Up</b> 10:00-10:45 AM <i>Suzanne / MP Room</i>
<u><b>No Classes September 4<sup>th</sup>- 6<sup>th</sup> Due to the Labor Day Holiday</b></u>		<b>Mix-It-Up</b> 6:30-7:25 PM <i>Nancy/ MP</i>	<b>Yoga</b> 7:00-7:45 PM <i>Laura/ MP</i>	<b>Vinyasa Yoga</b> 6:30-7:15 PM <i>Wendy / MP</i>	<b>Strength &amp; Stretch</b> 11:00-11:45 AM <i>Suzanne / MP Room</i>
<b>Updated Guidelines to Keep You Safe:</b>					
<ul style="list-style-type: none"> <li>• <b>Masks will be required for all members inside while taking classes.</b></li> <li>• <b>Masks are optional for individuals who are attending outside classes.</b></li> <li>• <b>Please continue to bring your own personal exercise or yoga mat to class.</b></li> </ul> <p><b>Please continue to wipe down equipment before and after use to help staff maintain a clean environment</b></p>			<p>* Indicates a change. ✂ Class in danger of cancellation due to low attendance. Current month will run as scheduled.</p>	<b>Please stay home if you are sick or have been exposed to Covid-19 in the last 14 days.</b>	



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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.

### 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 Toning will include use of the toning sticks.

**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.**