

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			

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: Hannah.Hutton@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.

www.fairfaxcounty.gov/parks/accessible