

July 2025

*These classes are **included** with your Rec Membership.

Non-members pay the general admission rate at time of check-in

Drop-In Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Stretch 8-8:55 am Robin-M/B	Cycle Challenge 7-7:55 am David-Pine	Cycle Challenge 7-7:55 am Subodh-Pine	Cycle Strength 7-7:55 am David-Pine	Pure Stretch 6-6:45 am Robin-MB	Pilates 7-7:55 am Robin- M/B
	Tai Chi Basics 7-7:55 am Su Chen- M/B	Pure Stretch 8-8:55 am Robin-M/B	Tai Chi Basics 7-7:55 am Su Chen-M/B	HIGH Fitness® 9:30-10:25 am Laura-M/B	Cycle Challenge 8-8:55 am David-Pine
Core & Mobility 1-1:55 pm Doug-M/B	HIGH Fitness® 9:30-10:25 am Laura-M/B	Shallow Water Aerobics 9-9:55AM Su Chen- Pool Area	Mobility Basics 2-2:55 pm Navah-M/B	Mix It Up 10:30-11:25 am Navah-M/B	Yoga 9-9:55 am Nanci-M/B
	Silver Sculpt 10:30-11:25 am Jumanne- M/B			Cycle Challenge 11:30-12:25 pm Amanda-Outside	Zumba® 10-10:45 am Shawna-Pine
	Cycle Challenge 11:30-12:25 pm Amanda-Outside	Pilates 10:15-11:10 am Sherry-M/B	Ab Attack 5:30-6:30 pm Madhi- M/B	Holiday Hours July 4 th - Building closes at 4pm. All class on Friday July 4 th past 4pm will not run	BodyPump® 11-11:55 am Grace-Pine
BodyPump® 6:30-7:25 pm Grace-Pine	Vinyasa Yoga 12-12:55 pm Michelle-M/B	Yoga 11:30-12:25 pm Noel-M/B	Vinyasa Yoga 6:30-7:25 pm Nisha-M/B		Sunday
Zumba® 7:30-8:25 pm Rachel-Pine	Mobility Basics 1-1:55 pm Madhi- M/B	Low 12:30-1:25 pm Laura-M/B	BodyPump® 7-7:55 pm Harvey-Pine	Strength & Stretch 4-4:55 pm Deb-M/B	Zumba® 9:30-10:25 am Laila-Pine
Interested in Personal Training?  Scan this code to learn more!	Step & Sculpt Aerobics 2-2:55 pm Navah- M/B	BodyCombat® 7-7:55 pm Jennifer-M/B	Zumba® 7-7:55 pm Rachel-Maple	Vinyasa Yoga 5:30-6:25 pm Rotating-M/B	Low® 10:30-11:30 am Laura-Pine
	Hatha Yoga 6-7:25 pm Noel-M/B	BodyCombat® 7-7:55 pm Jennifer-M/B	ASK THE SPECIALIST! Monday July 14th 9-9:30am <hr/> Join us on Monday June 14 th from 9-9:30am in the Mind Body Room to ask Certified Personal Trainers and Nutritionist any questions you may have!		
	Zumba® 6-6:55 pm Shawna-Pine	Tai Chi Basics 8-8:45 pm Jennifer-M/B			

Want to join the cancelation or update email list for drop in classes?
 Please e-mail the Fitness Director at Timothy.Moran@fairfaxcounty.gov

Class Descriptions:

Ab-Attack: Power through 55-mins of dynamic and functional abdominal movements to build a tighter, stronger core. For all fitness levels.

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. Every routine is fully choreographed to your favorite popular songs.

Bombay Jam-Shake up your fitness routine with an exciting new aerobic format that fuses the folk-dance movement of Bhangra with a fun Bollywood flair. Enjoy fun and interesting ways of moving while dancing into an improved level of fitness. If you like Zumba, you will love this class too.

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

Core & Mobility - 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 your own bodyweight and the stability ball.

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! **Low** has the same energy level as regular HIGH Fitness but omits tuck jumps and burpees.

Mix It Up - A mix of cardiovascular training, body sculpting, and stretching that uses all fitness equipment, including rubber resistance, weighted and air-filled balls, weighted bars and dumbbells, the BOSU, gliding discs, and step platforms. All levels of fitness enthusiasts welcome.

Mobility Basics: Feel better and move better with this 55-min class targeting joint stiffness, muscle discomfort, and increasing flexibility. For all fitness levels.

Pilates - Unlike some workouts that isolate specific muscle groups, Pilates engages your entire body in every exercise, helping you achieve balanced muscle development. Whether you're a seasoned fitness enthusiast or a beginner looking to build a strong foundation, Pilates is the perfect choice.

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.

Strength Circuit - Come lengthen and define your abdominal and back muscles while improving torso stabilization and core strength. For 55 minutes, you will be challenged with a variety of exercises utilizing foam rollers, balls, rings and bands

Step & Sculpt Aerobics: Combine classic step aerobics with body sculpting moves for a well-rounded workout. Set to a variety of music, you'll use bands, weights, and risers to hit every muscle group and enhance your cardiovascular fitness. During this high energy workout, modifications can be provided, and weights can be lowered to accommodate any skill level.

Silver Sculpt - Enjoy a weight training class at a lower intensity 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.

Strength & Stretch - This class begins with a full body workout using a combination of bodyweight exercises, and traditional resistance training tools and ends with a nice full body stretch. Class will focus on building strength through functional movement patterns and improving mobility.

Tai Chi Basics - Come learn about the ancient art and practice of Tai Chi in a giving environment. You will be guided through a series of flowing movements to improve posture, build balance, and to increase both mental and physical strength. All fitness levels are welcome, as this class is excellent preparation for Tai Chi I.

Yoga - Embark on a transformative journey of self-discovery, balance, and tranquility with our invigorating Yoga classes. Yoga isn't just an exercise; it's a path to holistic well-being that nurtures your body, mind, and soul. Experience a greater range of motion and flexibility as you gently stretch and lengthen your muscles. **Vinyasa** moves at a faster pace and requires greater breathing control than Hatha yoga. Because it’s done more slowly and poses are held for longer, **Hatha** yoga allows for more stretching.

Zumba® - Get ready to groove, burn calories, and have a blast with the electrifying rhythm of Zumba! It's not just a workout; it's a dance party that will leave you feeling energized, confident, and utterly exhilarated. Zumba is the ultimate fusion of dance and fitness. Lose yourself in the infectious beats of salsa, merengue, reggaeton, and more, and let the music move you!

Can’t make it to in-person classes? Check out our Healthy Strides Community Classes online at www.fairfaxcounty.gov/parks/healthy-strides

For questions or comments regarding the schedule, please e-mail the Fitness Director at Timothy.Moran@fairfaxcounty.gov

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









**HEALTHY
STRIDES**
COMMUNITY
CLASSES

2025 Virtual Fitness Classes

Weekly Schedule

www.fairfaxcounty.gov/parks/healthy-strides

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 8:00 am – 9:00 am Shirl W.	Mix It Up 8:00 am – 9:00 am Jennifer H.	Yoga 9:00 am – 10:00 am Ky W.	Yoga <i>Live at South Run</i> 7:30 am – 8:30 am Michael S.	Pure Stretch 8:00 am – 8:45 am Jennifer H.	Strength Mix <i>Live at South Run</i> 9:00 am – 9:45 am Laurie S.	Yoga 8:00 am – 8:45 am Ky W.
Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.		Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.		Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.	Pure Stretch <i>Live at South Run</i> 9:45 am – 10:15 am Laurie S.	Pure Stretch 8:45 am – 9:15 am Shirl W
Yoga 12:00 pm – 1:00 pm Ky W.	Strength Mix 5:30 pm – 6:15 pm Laurie S.	Pilates 12:00 pm – 1:00 pm Shirl W.	Please be courteous to all class participants by staying muted unless otherwise instructed.	Yoga 9:00am – 10:00am Nancy S./Lucy		Basic Training 9:30 am – 10:30 am Jennifer H.
Yoga <i>Live at South Run</i> 5:45 pm – 6:40 pm Teresa T.	Pilates 7:00 pm – 8:00 pm Shirl W.	Mix It Up (Mat) <i>Live at OakMont</i> 6:00 pm – 6:55 pm Jennifer H.		Body Sculpting 10:00 am–10:55 am Julie C.	For directions to join a class on Microsoft Teams, go to www.fairfaxcounty.gov/parks/healthy-strides	Pure Stretch 7:00 pm – 7:30pm Laurie S.
Pure Stretch 7:00 pm – 7:30 pm Laurie S.	Tai Chi Basics 7:30 pm – 8:30 pm Sally H.B.	Pure Stretch 7:00 pm – 7:30pm Laurie S.	Pilates 6:00 pm – 7:00 pm Laurie S.			
			Strength Mix 6:00 pm – 7:00 pm Jennifer H.	 FAIRFAX COUNTY PARK AUTHORITY Rec CENTERS <div>Updated 7/1/2025</div>		

Updated 7/1/2025



Class Descriptions

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.

Body Sculpting – A lighter total body workout open to all fitness levels. This class focuses on general muscle conditioning using dumbbell as the primary form of resistance.

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.

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.

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.

If you have more specific questions regarding the Healthy Strides Community Classes, please email christine.molina@fairfaxcounty.gov