### July 2019

**Oak Marr RECenter Drop-In Group Fitness Schedule**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ZUMBA</strong> 6:30-6:55am (DR) Debbie C.</td>
<td>Tai Chi Basics 7:30-7:55am (MB) Su-Chien</td>
<td><strong>ZUMBA</strong> 6:30-6:55am (DR) Debbie C.</td>
<td>Tai Chi Basics 7:30-7:55am (MB) Su-Chien</td>
<td>Cycle Challenge 6:30-6:55am (SR) Subodh</td>
<td><strong>ZUMBA</strong> 6:30-6:55am (DR) Galina</td>
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<tr>
<td><strong>Mix It Up</strong> 9:30-10:25am (SR) Jamie</td>
<td><strong>Pilates</strong> 9:30 – 10:30am (OR) Sherry</td>
<td><strong>H.I.T. (Yoga)</strong> 9:00 – 9:55am (SR) Trish</td>
<td><strong>Pilates</strong> 9:30 – 10:30am (SR) Sherry</td>
<td><strong>Mix It Up</strong> 10-10:55am (SR) Cindy</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<tr>
<td><strong>Pure Stretch</strong> 10:15-11:10am (MB) Bethany</td>
<td><strong>Pure Stretch</strong> 10:15-11:10am (MB) Bethany</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (DR) Sherry</td>
<td><strong>Pilates</strong> 11:15-11:55am (MB) Bethany</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Fitness Center Rule Reminder:</strong> Closed-toed shoes are always required. The only exception to this is if you are in a classroom under instructor supervision.</td>
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<tr>
<td>Yoga 11:15-12:15pm (SR) Nigel</td>
<td><strong>Barre Techniques</strong> 12:30-1:25pm (OR) Doug</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Sherry</td>
<td><strong>Mix It Up</strong> 10-10:55am (SR) Cindy</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<tr>
<td><strong>Fit Ball/Core (DR)</strong> 12:25-1:25pm (DR) Doug</td>
<td>Yoga 11:15-12:15pm (SR) Nigel</td>
<td><strong>Tai Chi Basics</strong> 12:15-1:25pm (SR) Trish</td>
<td><strong>Pilates</strong> 11-11:55am (MB) Bethany</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<tr>
<td><strong>Yoga</strong> 1-1:15pm (MB) Robyn</td>
<td><strong>Cycle Challenge</strong> 11:45-12:40pm (SR) Sherry</td>
<td><strong>Yoga</strong> 12-12:55pm (MB) Robyn</td>
<td><strong>Pilates</strong> 11-11:55am (MB) Bethany</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<tr>
<td><strong>HOLIDAY HOURS:</strong> 7/4 – 5:00am-4:00pm</td>
<td><strong>Meditation</strong> 12:30 – 1:00pm (MB) Melissa</td>
<td><strong>Mix It Up</strong> 5:30-6:25pm (SR) Galina</td>
<td><strong>Fit Ball/Core</strong> 12:30-1:25pm (DR) Forrest/Doug</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<tr>
<td><strong>Colored background indicates a NEW class, time or instructor.</strong></td>
<td><strong>Yoga (Yin)</strong> 4:00-4:55pm (MB) Susan</td>
<td><strong>Meditation</strong> 1:00-1:30pm (MB) Sherry</td>
<td><strong>Pilates</strong> 1:35-2:30pm (SR) Sherry</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<tr>
<td><em>Indicates class is at risk of cancellation.</em></td>
<td><strong>Yoga (Yin)</strong> 4:00-4:55pm (MB) Susan</td>
<td><strong>ZUMBA</strong> 6:30-7:25pm (SR) Natalie</td>
<td><strong>ZUMBA</strong> 7-7.55pm (SR) Natalie</td>
<td><strong>Yoga (Yin)</strong> 4:45pm (MB) Sherry</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<td><strong>Yoga</strong> 5:30-6:25pm (MB)</td>
<td><strong>Yoga</strong> 6:30-7:25pm (MB) Natalie</td>
<td><strong>Yoga</strong> 7-7.55pm (DR) Jennifer</td>
<td><strong>Yoga</strong> 5:30-6:25pm (SR) Robyn</td>
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<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<tr>
<td><strong>ZUMBA</strong> 7:3-8:25pm (MB)</td>
<td><strong>Yoga</strong> 6:30-7:25pm (MB)</td>
<td><strong>Cycle Challenge</strong> 7:00-7:55pm (SR) Amanda</td>
<td><strong>Cycle Challenge</strong> 6:30-7:00am (MB) Michele</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<td><strong>Room Key:</strong></td>
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<td><strong>Barre Techniques</strong> 6:30-7:00am (MB) Michele</td>
<td><strong>Mix It Up</strong> 10:45-11:40am (SR) Sherry</td>
<td><strong>Mix It Up</strong> 10:45-11:40am (SR) Sherry</td>
<td><strong>Water Exercise</strong> 4:00-4:55pm Rotation</td>
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<tr>
<td>DR = Dance Room</td>
<td>SR = Spin Room</td>
<td><strong>Cycle Challenge</strong> 7:00-7:55pm (SR) Amanda</td>
<td><strong>Pilates</strong> 6:30-7:25pm (MB) Michele</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<tr>
<td>SR = Spin Room</td>
<td>MB = Mind Body Studio</td>
<td><strong>Healthy Strides 12 Steps for a Healthier Year</strong></td>
<td><strong>Cycle Challenge</strong> 6:30-7:00am (MB) Michele</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Water Exercise</strong> 4:00-4:55pm Rotation</td>
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<tr>
<td>OR = Oak Room</td>
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<td>Step 7: Adventure Time: It’s national Parks and Recreation Month! Celebrate with a new adventure at the park...hike, bike, boat or camp and discover the great outdoors.</td>
<td><strong>Cycle Challenge</strong> 7:00-7:55pm (SR) Amanda</td>
<td><strong>Cycle Challenge</strong> 11:45-12:10am (SR) Cindy</td>
<td><strong>Yoga</strong> 1:30- 2:25pm (SR) Rotation</td>
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<td><strong>Pure Stretch</strong> 7:30 – 8:25pm (MB) Andrew</td>
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<td><strong>Ab Attack</strong> 8:00 – 8:30pm (OR) Jennifer</td>
<td>Have you signed up for your FREE GetFit coaching session yet?</td>
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**Interested in receiving email updates regarding schedule changes and instructor substitutions? Email:** Hannah.Hutton@fairfaxcounty.gov

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**Oak Marr RECenter**

3200 Jermantown Rd.
Oakton, VA 22124
703.281.6501

This calendar is subject to change; please call the RECenter with questions or concerns. For questions or comments regarding the schedule, please email Hannah Hutton at Hannah.Hutton@fairfaxcounty.gov

www.fairfaxcounty.gov/parks

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The Fairfax County Park Authority is committed to equal access in all programs and services. Special accommodations will be provided upon request. Please call the ADA/Access coordinator at least 10 working days in advance of the date services are needed. 703.324.8563 (Phone) • 703.803.3354 (TTY) • www.fairfaxcounty.gov/parks/ada.htm
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.

Barre Techniques
Socks only. Learn the secrets of a ballet body workout. Barre workout is the hottest new fitness toning class for a ballet buffet 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.

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. 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
BodyPump is the original barbell class that strengthens your entire body. Challenge all of 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 ride is a higher intensity, longer version of Cycle Spin that will truly challenge your cardiovascular system and help improve endurance. The class is designed for fit individuals who want to take their spin workouts to another level.

FitBall/Core
Get “toned” and strong, improve spinal health and have fun with the exercise ball. Learn secrets behind true strength!

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.

HIGH Fitness
Join the fitness craze that’s getting everyone addicted to being super fit. 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!

GROOVE
is an awesome dance experience, where we unite in a set of simple movements on the DANCEfloor, and dance in our own authentic, unique way. The movements are simple, the music is awesome, and there is no way to get it wrong!

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. **Class limited to first 20 people to arrive**

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.

Pilates
Is for the Pilates beginner. It is designed to teach fundamental concepts basic movements, breathing, and modifications. This class is excellent preparation for the Pilates Level I class.

PiYo®
PiYo is a unique total-body conditioning workout inspired by yoga and Pilates with upbeat music and a constant flow of moves. It’s a low-impact, high-energy workout that’s rhythmic and dynamic. This intense workout is designed to improve your strength, core, balance, and flexibility all in one class.

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.

Sweat VIBES
High energy, high intensity dance workout. Find your groove or learn new moves while dancing to nightclub jams. Vibes is a fun, effective experience that delivers results!

Tai Chi Basics
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. No pressure, just learning in a “giving environment.”

Yoga
Gain greater strength and flexibility as you learn basic yoga postures and different breathing techniques – a great preparation class for Hatha I and other yoga classes. All levels welcome. Our Yoga (Yin) classes are slower paced and the poses are held for longer periods of time. The goal of these classes are to increase circulation and improve flexibility.

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.

Have you tried water exercise before? We’re now going to be including a taste of our water aerobics schedule with our drop-in membership. This month, enjoy shallow water exercise with Chris. Don’t forget to stop by the front desk to pick up a wristband before taking class.

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.

Please wear sneakers and comfortable clothing that allows free movement.

Updated: 6/24/19

Healthy Strides Wellness Book Club
Come talk about books with us!

**JUL 22, 11 am – 12 pm**
Tysons-Pimmit Library

**AUG 11, 1 – 2 pm**
City of Fairfax Library