



# March 2020

## Oak Marr RECenter Drop-In Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Interested in receiving email updates regarding schedule changes and instructor substitutions? Email <a href="mailto:Hannah.Hutton@fairfaxcounty.gov">Hannah.Hutton@fairfaxcounty.gov</a>					
<b>Cycle Challenge</b> 6-6:55am (SR) Mark	<b>Tai Chi Basics</b> 7 – 7:55am (MB) Su Chien	<b>Cycle Challenge</b> 6-6:55am (SR) Mark	<b>LES MILLS BODYPUMP</b> 6-6:55am (SR) Nisha	<b>Mix It Up</b> 5:15-6:10am (DR) Jamie	<b>LES MILLS BODYPUMP</b> 6:45 – 7:45am (SR) Galina
<b>Core Conditioning</b> 9-9:55am (MB) Bethany	<b>Cycle Fusion</b> 7:30 – 8:25am (SR) Cindy	<b>ZUMBA</b> 6-6:55am (DR) Debbie C.	<b>Tai Chi Basics</b> 7 – 7:55am (MB) Su Chien	<b>Cycle Challenge</b> 6-6:55am (SR) Subodh	<b>LES MILLS BODYCOMBAT</b> 7:50-8:45am (OR) Galina
<b>Mix It Up</b> 9:30-10:25am (DR) Jamie	<b>ZUMBA</b> 8:30-9:25am (OR) Jenny	<b>H.I.I.T. (Yoga)</b> 9:00 – 9:55am (SR) Trish	<b>Cycle Fusion</b> 7:30 – 8:25am (SR) Cindy	<b>Gentle Cardio</b> 7:30-8:30am (MB) Robin	<b>Cycle Challenge</b> 8-8:55am (SR) - Mark 9-9:55am (SR) - Dave
<b>Pure Stretch</b> 10-10:55am (MB) Bethany	<b>Pilates</b> 9:30 – 10:30am (OR) Sherry	<b>Pure Stretch</b> 10-10:55am (MB) Trish	<b>ZUMBA</b> 8:30-9:30am (DR) Jenny	<b>Core Conditioning</b> 9-9:55am (MB) Bethany	<b>Zumba/HIGH Fitness</b> 10:00 – 10:55am (OR) Shawna/Laura
<b>Yoga</b> 11-11:55pm (MB) Noel	<b>HIGH fitness</b> 9:30-10:25am (SR) Natalie	<b>Cycle Challenge</b> 11:15 – 12:10pm (SR) Amanda	<b>Pilates</b> 9:30 – 10:30am (SR) Sherry	<b>Pure Stretch</b> 10-10:55am (MB) Bethany	<b>Tai Chi Basics</b> 11-11:55am (MB) Sally HB
<b>Fit Ball/Core</b> 12:30-1:25pm (DR) Doug	<b>Ballet and Beyond</b> 10:30-11:25am (MB) Malerie	<b>Fit Ball/Core</b> 12:30-1:25pm (SR) Doug	<b>HIGH fitness</b> 9:30-10:25am (DR) Natalie	<b>Mix It Up **</b> 10-10:55am (SR) Cindy	<b>Yoga (Kundalini)</b> 11:30-12:25pm (OR) <b>Meditation</b> 12:30-1:00pm (OR) Ravi
<b>Yoga</b> 1-1:55pm (MB) Robyn	<b>Yoga</b> 11:30 – 12:25p (MB) Melissa	<b>Tai Chi Basics</b> 1-1:55pm (DR) Sally HB	<b>Cycle Challenge</b> 11:45-12:40pm (SR) Sherry	<b>Pilates</b> 11-11:55am (MB) Bethany	<b>Yoga</b> 1:30- 2:25pm (SR) Rotation
<b>Saturday, March 21 – Sip &amp; Putt @ Oak Marr Mini Golf (Ages 21+) – \$15 - Registration Code: 10B.40AE</b>					<b>SUNDAY</b>
<b>Yoga (Yin)</b> 4:00-4:55pm (MB) Trish	<b>Cycle Challenge</b> 11:45-12:40pm (SR) Amanda	<b>Yoga</b> 5:30-6:25pm (MB) Robyn	<b>Yoga</b> 12-12:55pm (MB) Robyn	<b>Turbo TRX LIVE!</b> 10:45–11:40pm (DR) Sara	<b>Cycle Challenge</b> 9-10:25am (SR) Amy
<b>Yoga</b> 5:30 – 6:25pm (MB) Susan	<b>Meditation</b> 12:30 – 1:00pm (MB) Melissa	<b>STRONG by ZUMBA</b> 6 – 7pm (SR) Julie	<b>Meditation</b> 1:00-1:30pm (MB) <b>Pilates</b> 1:35-2:30pm (MB) Melissa	<b>Cycle Fusion</b> 11:15-12:25pm (SR) Cindy/Noel	<b>Vibes</b> 9:30-10:25am (MB) Joey
<b>LES MILLS BODYPUMP</b> 5:45 – 6:40pm (SR) Harvey	<b>Yoga (Yin)</b> 4:00-4:55pm (MB) Susan	<b>Yoga (Yin)</b> 6:30-7:25pm (MB) Robyn	<b>Mix It Up</b> 5:30-6:25pm (SR) Cindy/Janelle	<b>Fit Ball/Core</b> 12:30-1:25pm (DR) Forrest/Doug	<b>ZUMBA</b> 10:30 – 11:25am (OR) Maggie
<b>ZUMBA</b> 7:30-8:25pm (OR) Carla	<b>Mix It Up</b> 6:30-7:25pm (SR) Sherry N.	<b>ZUMBA</b> 7-7:55pm (OR) Debora	<b>PIYO LIVE!</b> 6:30-7pm (OR) Jennifer	<b>Yoga (Yin)</b> 4-4:55pm (MB) Robyn	<b>Mix It Up</b> 10:45-11:40am (SR) Sherry N.
<b>LES MILLS BODYCOMBAT</b> 8-8:55pm (SR) Harvey	<b>Yoga</b> 6:30-7:25pm (MB) Robyn	<b>Mix It Up (Circuit)</b> 7-8pm (SR) Cindy	<b>LES MILLS BODYCOMBAT</b> 7-7:55pm (OR) Jennifer	<b>Yoga</b> 5:30-6:25pm (SR) Noel	<b>POP PILATES</b> 11:30-12:00am (OR) Galina
<b>Move Your Way Day:</b> Sat. 3/14, 10am-12pm. Stop by front desk for info. Free admission to event with flyer!	<b>Vibes</b> 7-7:55pm (DR) Joey	<b>Glute Strength Workshop:</b> Designed to strengthen core/glute muscles. Wed. 3/11, 7:15-8:10pm \$15 fee	<b>Cycle Challenge</b> 7:00 – 7:45pm (SR) <b>Core Conditioning</b> 7:45-8:15pm (SR) Amanda	<b>Barre Techniques</b> 6-6:30pm (MB) <b>Pilates</b> 6:30-7:25pm (MB) Michele	<b>LES MILLS BODYPUMP</b> 12:00 – 12:55pm (SR) Galina
<b>Healthy Strides 2020 Mission Get Active</b> <b>Step 3: Go Golf!</b> Tee up for your body and mind! Playing golf is excellent exercise and good for brain health as well. Walking, breathing fresh air and socializing with friends make golf a fun and healthy activity. Go play!			 HEALTHY STRIDES 10th ANNIVERSARY • 2010-2020	<b>Room Key:</b> DR = Dance Room SR = Spin Room MB = Mind Body Studio OR = Oak Room	<b>Shallow Water Aerobics</b> 4:00 – 4:55pm Chris

Oak Marr  
**RECenter**

3200 Jermantown Rd.  
Oakton, VA 22124 703.281.6501

This calendar is subject to change. New classes are highlighted with a colorful background. Please call the RECenter with questions or concerns. For questions or comments regarding the schedule, please email Hannah Hutton at [Hannah.Hutton@fairfaxcounty.gov](mailto:Hannah.Hutton@fairfaxcounty.gov)  
[www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)



## 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.

### Ballet and Beyond

This dynamic class blends traditional ballet moves with basic Pilates exercises to lengthen and strengthen your body and core. Build the body of a dancer, improve balance and body composition and have fun doing it!

### 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 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 low impact, high intensity class is designed for fit individuals who want to take their spin workouts to another level. **Cycle Fusion** combines a standard indoor cycle class with an extended stretching or yoga during the last part of the class.

### 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

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!

### 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.

### 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. This intense workout is designed to improve your strength, core, balance, and flexibility all in one class.

### Pop Pilates

Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles.

### 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.

### Strong by Zumba

This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

### 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.

### TurboKick®

This full body workout for all levels of fitness, uniquely blending intense intervals, easy-to-follow combinations, kickboxing specific strength/endurance training, and a mind/body cool down.

### 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!

### Yoga

Gain greater strength and flexibility as you learn basic yoga postures and different breathing techniques. 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 is to increase circulation and improve flexibility. Our **Yoga (Kundalini)** provides a modality through practice of meditation/mental and physical control to achieve maximum creative potential, free yourself from Karma (the lasting effects of past actions) and realize life purpose.

### 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. **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: 2/28/20

**Have you explored [www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides) yet?**



Being active outdoors supports health and wellness. Your mission, should you choose to accept it, is to GET ACTIVE in the parks! Visit Fairfax County Parks to connect with nature and your health. Accept the mission in the Healthy Strides Calendar (get yours free at your local RECenter today) and participate in the FCPA Healthy Strides Scavenger Hunt and win some cool prizes.