



October 2021

DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle 6:00 am – 7:00am Subodh – <i>Spin Room</i>	Tai Chi Basics 7:00 am – 8:00 am Su Chen – <i>Mind/Body Room</i>	BodyPump® 6:30 am – 7:30 am Galina – <i>Spin Room</i>	Tai Chi Basics 7:00 am – 8:00 am Su Chen – <i>Mind/Body Room</i>	TurboKick® 10:30 am – 11:30 am Sarah – <i>Mind/Body Room</i>	Cycle 9:00 am – 10:00 am Mark/Dave – <i>Spin Room</i>
Yoga 11:30 am – 12:30 am Noel – <i>Mind/Body Room</i>	Cycle Strength 7:00 am – 8:30 am Janelle – <i>Spin Room</i>	Outdoor Stretch 8:00 am – 9:00 am Robin – <i>Lower Parking Lot</i>	Cycle Strength 7:00 am – 8:00 am Janelle – <i>Spin Room</i>	Yoga 4:00 pm – 5:00 pm Trish – <i>Mind/Body Room</i>	Zumba® 10:00 am – 11:00 am Shawna – <i>Mind/Body Room</i>
Fit Ball / Core 12:30 pm – 1:30 pm Doug – <i>Mind/Body Room</i>	Outdoor HIGH Fitness® 9:30 am – 10:30 am Natalie – <i>Nottoway Field #4</i>	Pilates 10:15 am-11:15 am Sherry S. - <i>Mind/Body Room</i>	Outdoor HIGH Fitness® 9:30-10:30 am Laura - <i>Nottoway Field #4</i>		
Yoga 5:00 pm – 6:00 pm Trish - <i>Mind/Body Room</i>	Outdoor Cycle 11:30 am – 12:30 pm Amanda – <i>Back Patio</i>	Yoga 11:30 am – 12:30 pm Noel – <i>Mind/Body Room</i>	Cycle 11:30 am – 12:30 am Sherry N. – <i>Spin Room</i>	Please stay home if you are sick or have been exposed to Covid-19 in the last 14 days.	
Want to receive updates about class cancellations and subs? Email Hannah.Hutton@fairfaxcounty.gov					Sunday
Zumba® 7:00 pm – 8:00 pm Carla – <i>Dance Room</i>	Zumba® 6:00 pm – 7:00 pm Shawna – <i>Spin Room</i>	Fit Ball / Core 12:30 pm – 1:30 pm Doug - <i>Mind/Body Room</i>	BodyPump® 6:00 pm – 7:00 pm Harvey - <i>Spin Room</i>	<p>Can't make it to in-person class? Check out our online group fitness offerings.</p> 	Cycle 9:00 am – 10:00 am Subodh/Dave – <i>Spin Room</i>
Starts 10/18/21 Cycle 7:30 pm -8:30 pm Cindy – <i>Spin Room</i>		Outdoor Mix It Up (Mat) 6:00 PM – 7:00 PM Jennifer – <i>Back Patio</i>	POUND® 7:00 pm – 8:00 pm Joey - <i>Spin Room</i>		VIBES® 9:00 am – 10:00 am Joey - <i>Mind/Body Room</i>
<p>Join us October 29, 30 and 31 for HAUNTED MINI GOLF. It's sure to be SPOOKTACULAR! Register at: www.fairfaxcounty.gov/parks/Parktakes</p>		Outdoor BodyCombat® 7:00 pm – 8:00 pm Jennifer – <i>Back Patio</i>	Outdoor Zumba® 7:00 pm – 8:00 pm Alyssa – <i>Back Patio</i>		Zumba® 10:00 am – 11:00 am Maggie – <i>Dance Room</i>
<p>Updated Guidelines to Keep You Safe:</p> <ul style="list-style-type: none"> Masks are required for all members and guests for indoor classes regardless of vaccination status. Please continue to bring your own personal exercise or yoga mat to class. Please continue to wipe down equipment before and after use to help staff maintain a clean environment. 			<p>Shaded background indicates a change. ⚡ Class in danger of cancellation due to low attendance. Current month will run as scheduled.</p>		Outdoor HIGH Low® 10:30 am – 11:30 am Laura – <i>Lower Parking Lot</i>

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 (703) 281-6501.

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



Class Descriptions:

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.

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. **Cycle Strength** combines a standard indoor cycle class with an extended muscle strengthening segment of class off the bike.

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! **HIGH Low** has the same energy level as regular HIGH Fitness but omits tuck jumps and burpees. ****Note**** Some HIGH Fitness classes have been moved to Nottoway Park. 9357 Courthouse Rd. Vienna, VA.

Mix It Up

Fight fitness boredom and get out of that exercise rut with a class that mixes cardiovascular training, body sculpting, and stretching. Check out all the 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.

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

Pilates – This mat workout is designed to teach fundamental concepts basic movements, breathing, and modifications of the original Pilates method.

Pound - 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.

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.

Turbokick

Turbo Kick® is an interval based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength/endurance training sequences and easy-to-follow combinations. Class ends with a mind/body-like (think Tai-Chi) cool-down.

VIBES

VIBES is a high-energy, high-intensity dance workout. Great fun. Great exercise. We move to the same jams you'd find in a nightclub. Find your groove – or learn some moves – while burning calories for the body you want.

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

Exercise your body and energize your soul in this exciting aerobics class format. Tone up as you get down with energetic Latin music, rhythms, and dance moves.

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



Live Virtual Fitness Classes

www.fairfaxcounty.gov/parks/healthy-strides

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Pilates 8:00 am – 9:00 am Shirl W. Meeting ID: 848 5250 2281</p>	<p>NEW! Mix It Up 8:00 am – 9:00 am Heather B.</p>	<p>NEW! Glutes & Abs 8:15 am – 8:45 am Trish L. Meeting ID: 875 3484 1871</p>	<p>Pure Stretch 8:00 am – 9:00 am Paulette Meeting ID: 896 5328 4063</p>	<p>Strength Mix 8:00 am – 9:00 am Heather B. Meeting ID: 874 2928 8218</p>	<p>Zumba® 8:00 am – 9:00 am Gail B. Meeting ID: 860 6134 5097</p>	<p>Basic Training 9:30 am – 10:30 am Jennifer H. Meeting ID: 837 3916 5792</p>
<p>Mix It Up + Live at Providence 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>	<p>Yoga 11:00 am – 12:00 pm Deb P. Meeting ID: 896 3167 0804</p>	<p>Mix It Up + Live at Providence 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>	<p>Pilates 11:00 am – 12:00 pm Edie M. Meeting ID: 829 6505 5489</p>	<p>Mix It Up + Live at Providence 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>	<p>Strength Mix 9:00 am – 9:45 am Laurie S. Meeting ID: 999 7171 4875</p>	
<p>Basic Training for Older Adults 9:00 am – 10:00 am Gail B. Meeting ID: 826 6940 0842</p>	<p> Always go to the HSCC website for the most up-to-date schedule.</p>	<p>Yoga 9:00 am – 10:00 am Sadie G. Meeting ID: 898 6447 4380</p>	<p>Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.</p>	<p>Zumba Gold® 9:00 am – 10:00 am Gail B. Meeting ID: 812 2474 5568</p>	<p>To join a class, visit: www.fairfaxcounty.gov/parks/healthy-strides</p> <p>Click on the class link in the schedule. You will be taken directly to Zoom.</p> <p>No registration required. Classes will be open unless full capacity is reached. Schedule is subject to change.</p> <p>Questions? Contact the Healthy Strides Wellness Coordinator, Liz Ittner at Elizabeth.Ittner@fairfaxcounty.gov.</p>	
		<p>Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 940 3353 7968</p>		<p>Core Conditioning 11:00 am – 12:00 pm Kristen P. Meeting ID: 864 7799 4986</p>		
<p>Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142</p>	<p>Zumba® + Live at South Run 5:00 pm – 6:00 pm Shawna D. Meeting ID: 883 5208 5416</p>	<p>Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007</p>	<p>Yoga + Live at Oak Marr 4:00 pm – 5:00 pm Trish L. Meeting ID: 825 4657 6059</p>			
<p>Yoga 6:00 pm – 7:00 pm Teresa T. Meeting ID: 845 6705 8234</p>	<p>NEW! Cardio Kickboxing + Live at South Run 6:30 pm – 7:25 pm Jennifer H. Meeting ID: 839 4264 8402</p>	<p>NEW! Mix It Up (Mat) + Live at Oak Marr 6:00 pm – 6:55 pm Jennifer H. Meeting ID: 847 7725 5135</p>	<p>NEW TIME! Strength Mix 6:00 pm – 7:00 pm Jennifer H. Meeting ID: 814 4241 3393</p>			
<p>Ab Attack 7:00 pm – 8:00 pm Melanie S. Meeting ID: 841 8601 6240</p>	<p>Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 940 3353 7968</p>	<p>Tabata 7:00 pm – 8:00 pm Melanie S. Meeting ID: 789 3124 7114</p>		<p>If needed, the Zoom Meeting ID is indicated for each class, and the password for all classes: HSCC2020!!</p>		

+ **Hybrid class** 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.

For accommodations, contact Inclusion and ADA Support at 703-324-8563. TTY Relay 711. www.fairfaxcounty.gov/parks/accessible.

Updated 9/13/2021

THANK YOU to our Sponsors!



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.

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.

Cardio Kickboxing - Punch, kick, and jab your way through an action-packed workout! Kickboxing patterns, cardio intervals, and core training are combined in this high-energy workout to give an intense calorie burn to all levels of participants.

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.

Glutes & Abs – A quick 30-minute class that will target on burning body fat, core and lower back strengthening, booty shaping and lifting, and hip and thighs toning. The class will focus on building lean muscle through a series of mindful movements with your own body weight or equipment such as dumbbells, resistance bands, ankle weights, gliding discs and more. Great for any level, modifications are shown for those needing to take it easy or take it to the next level.

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.

Tabata - Each workout segment is only 4 minutes long, with a work/rest ratio of 20 seconds to 10 seconds, but you will work harder in those 4 minutes than you would in 30 minutes of traditional steady state training.

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.

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.

Zumba Gold – Offers a toned-down version of the regular Zumba class with less pivoting. Zumba Gold moves are designed for active older adults or those looking for a low-impact workout.

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.

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