




DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
↗ †Cycle Spin 8-8:55AM Gillian FS or SC		Mix It Up 9-9:55AM Christine DR	 Beach Ball Wallyball 9:30-11:00AM RB2	Mix It Up 9-9:55AM Christine DR	Outdoor Pound 9:00-9:55AM Joey SC (Starts 9/11)
Mix It Up 9-9:55AM Christine DR	 Beach Ball Wallyball 9:30-11:00AM RB2		† TRX Fit 11:30-12:25PM Christine CR4	Barre Workout 10-10:55AM Gillian DR	Zumba 10-10:55AM Sandra DR
Yoga/Pilates 12-12:55PM Jean DR	† TRX Fit 11:30-12:25PM Christine CR4	Wednesday Night Dance Party! CR1 Zumba, 9/1, 6pm w/ Maggie	Gentle Yoga 11:30-12:45PM Simona CR5 (Starts 9/16)	 Beach Ball Wallyball 10:00-12:00PM RB2	
Ask the front desk about Fitness Room Orientations – They are FREE!					Sunday
Gentle Yoga 5:30-6:25PM Tom DR		Zumba 6:00-6:55PM Neha SC or CR1 (Starts 9/15)	Yoga 12:50-2:05PM Simona CR5 (Starts 9/16)	Mix it Up DANCE *12-12:55PM Chris C. DR	
	↗ Mix it Up DANCE 7:00-7:55PM Chris C. CR1	Doonya: The Bollywood Workout 7-7:55PM Jaya CR1	Outdoor Zumba/Zumba Toning 6:30-7:25PM Maggie SC	Zumba 6:30-7:25PM Teresa DR	
Updated Guidelines to Keep You Safe: <ul style="list-style-type: none"> Masks will be required for all 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. 			* Indicates a change. ↗ Class in danger of cancellation due to low attendance. Current month will run as scheduled.	The following classes will not be held on Labor Day Weekend - Zumba 6:30pm Friday, 9/3 Cycle Spin 8:00am Monday, 9/6 Gentle Yoga 5:30pm Monday, 9/6	

These classes are included with your REC Center 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 center with questions or concerns. For questions or comments regarding the schedule, please e-mail the Fitness Director at christine.molina@fairfaxcounty.gov.

DR=Dance Room, FS=Fitness Studio, CR1= Club Room 1, CR3= Club Room 3, CR4=Club Room 4, CR5= Club Room 5, SC=Sport Court, PL=Parking Lot



For Inclusion and ADA Support call 703.324.8563 • TTY Va. Relay 711.



HEALTHY STRIDES
COMMUNITY CLASSES

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><i>Always go to the HSCC website for the most up-to-date schedule.</i></p>	<p>Yoga 9:00 am – 10:00 am Sadie G. Meeting ID: 898 6447 4380</p>	<p>Pure Stretch 8:00 am – 9:00 am Paulette Meeting ID: 985 4248 9235</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 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Mix It Up 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Mix It Up 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>Yoga 10:30 am – 11:30 am Teresa T. Meeting ID: 853 7049 3171</p>
<p>Basic Training for Older Adults 9:00 am – 10:00 am Gail B. Meeting ID: 826 6940 0842</p>	<p>Yoga 11:00 am – 12:00 pm Deb P. Meeting ID: 870 6167 2476</p>	<p>Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 940 3353 7968</p>	<p>Pilates 11:00 am – 12:00 pm Edie M. Meeting ID: 957 0288 6525</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 Click on the class link in the schedule. You will be taken directly to Zoom.</p> <p><i>See you there!</i></p>	
<p>Yoga 6:00 pm – 7:00 pm Teresa T. Meeting ID: 845 6705 8234</p>	<p>Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142</p>	<p>Zumba Toning® 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>Core Conditioning 11:00 am – 12:00 pm Kristen P. Meeting ID: 864 7799 4986</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>Strength Mix 7:00 pm – 8:00 pm Jennifer H. Meeting ID: 814 4241 3393</p>	<p>Yoga 4:00 pm – 5:00 pm Trish L. Meeting ID: 825 4657 6059</p>		

THANK YOU to our Sponsors!



Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.



If needed, the Zoom Meeting ID is indicated for each class, and the password for all classes: #SCC2020!!

No registration required. Classes will be open unless full capacity is reached. Schedule is subject to change.

Questions? Contact the Healthy Strides Wellness Coordinator, Liz Ittner at Elizabeth.Ittner@fairfaxcounty.gov.



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

Updated 8/10/2021

Class Descriptions

Barre Workout

Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

Beach Ball Wallyball

Add extra fun to your fitness routine. Played in a racquetball court with a beach ball, wallyball adds some extra cardio, balance practice and flexibility to your routine. (Ages 45+)

Bollywood For Fitness

Sweat to the powerful drumbeats of South Asia. Doonya's exotic, energetic dance steps target each major muscle group through innovative choreography and body-weight and weighted movements. End with stretches and a reflection on the strength and power you channeled in class. You'll leave class ready to take on life's obstacles with grace and power...just a like a Bollywood Star.

Cycle/Strength † (10)

This class combines a standard indoor cycle class with a muscle strengthening segment of class off the bike. It is great for all levels of fitness!

Meditation

Learn to progressively relax your body/mind from head to toe with guided meditation and visualization. We will be seated in chairs and have relaxing music. Simply listen to the instructor guide you along so you don't have to "do the work." Reduce stress to improve health. Designed for anyone from beginners to seasoned pros. Come on in to relax, cleanse, and restore!

Mix It Up

Instructor's choice! This full body conditioning workout usually includes a cardio warm-up, muscular strengthening, endurance, joint integrity, total body toning, and stretches. Class may use dumbbells, bands, balls, and other equipment. All levels are welcome.

Mix it Up DANCE

Are you ready to rock yourself fit? This moderate intensity dance aerobics workout will feature a variety of popular choreography styles, set to your favorite Top 40s hits and international rhythms. Build your cardiovascular fitness, improve your balance and tone your body as you alternate doing fun, fast and slow dance moves with both high and low impact options.

Pilates

A great beginner class that teaches fundamental concepts and basic movements of Pilates and may incorporate props. All levels welcome.

Pound

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

TRX Fit † (6)

Find out what suspension training is all about in this class that leverages gravity and your own bodyweight to perform endless combinations of exercises. The TRX suspension trainer builds a solid core, increases muscular endurance, and delivers greater performance and functionality to all daily life

activities. Proper set-up, exercise execution, and modifications will be taught.

Turbo Kick

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. Inspired by dance, Tae Kwon Do, boxing, tai-chi, and funk, this workout creates a party atmosphere with the hottest moves and music designed to maximize results while having fun!

Yoga

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Please bring a sticky yoga mat to class.

Yoga/Pilates

This class offers the best of both yoga and Pilates. Strengthen the hips and core to counter the modern sedentary lifestyle and warm up and cool down with yoga postures for relaxation and a sense of ease. Basic yoga postures combined with mat Pilates moves gives you the best of both practices.

Zumba

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

Zumba Toning blends Zumba moves and body sculpting techniques using maraca-like Zumba Toning Sticks for a fun strength-training experience. Alternatively, regular light dumbbells can be used.

Room Codes: DR=Dance Room; FS=Fitness Studio; CR1=Club Room 1; CR3=Club Room 3; CR4=Club Room 4; CR5=Club Room 5; SC=Sport Court; PL=Parking Lot

Please wear sneakers and comfortable clothing that allow free movement. Outdoor classes bring own mat and water.