## July 2022

**DROP-IN GROUP FITNESS SCHEDULE**

Masks are optional in all FCPA Rec Centers. While no longer required, we support mask use by those who choose to wear them. Please continue to wipe down equipment before and after use.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>Mix It Up</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Mix It Up</strong></td>
<td><strong>Beach Ball Wallyball</strong></td>
<td><strong>Mix It Up</strong></td>
<td><strong>Outdoor Pound</strong></td>
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<tr>
<td>Christine DR</td>
<td>Sima</td>
<td>Christine DR</td>
<td>RB2</td>
<td>Christine DR</td>
<td>Joey</td>
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<td></td>
<td>FS</td>
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<td>DR/SC</td>
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<tr>
<td><strong>Yoga/Pilates</strong></td>
<td><strong>Beach Ball Wallyball</strong></td>
<td>† TRX Fit</td>
<td><strong>Barre Workout</strong></td>
<td><strong>Advanced Water Exercise</strong></td>
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<tr>
<td>12-12:55pm</td>
<td>9:30-11:00AM</td>
<td>11:30-12:25PM</td>
<td>10-10:55AM</td>
<td>9-9:55AM</td>
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<tr>
<td>Jean DR</td>
<td>RB2</td>
<td>Christine DR</td>
<td>Gillian DR</td>
<td>Tracy Pool</td>
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<td>No class 7/1 &amp; 7/8</td>
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<tr>
<td><strong>Gentle Yoga</strong></td>
<td><strong>Water Walking</strong></td>
<td>† TRX Fit</td>
<td><strong>Beach Ball Wallyball</strong></td>
<td><strong>Zumba</strong></td>
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<tr>
<td>12:00-1:25PM</td>
<td>10:30-11:25AM</td>
<td>11:30-12:25PM</td>
<td>10-12:00PM</td>
<td>10-10:55AM</td>
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<tr>
<td>Simona DR</td>
<td>Debbie Pool</td>
<td>Christine DR</td>
<td>RB2</td>
<td>Sandra DR</td>
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<tr>
<td><strong>INDEPENDENT AGING EVENTS</strong></td>
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<tr>
<td>July 18 @ 1pm, Join Paulette at Spring Hill Rec Center for a Posture, Balance, &amp; Stretching workshop. July 20 @ 6pm, INOVA PTs will present tips to preserve strength and mobility as we age. Live at Oak Marr or use Zoom link <a href="https://bit.ly/HSCCINOVA">https://bit.ly/HSCCINOVA</a></td>
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### July is National Parks & Recreation Month

**Adapted Yoga**

5:15-6:10PM

Tia / CR5

7/5 & 7/12 ONLY

Please go to: [https://www.signupgenius.com/go/60B0B4FA8AE28A3F58-adapted](https://www.signupgenius.com/go/60B0B4FA8AE28A3F58-adapted)

*Yoga* 6-6:55PM

Sima CR1

NEW TIME & INSTRUCTOR!

**Zumba** 6-6:55PM

Neha CR1

*Yoga* 10-10:55AM

Sima DR

NEW TIME & INSTRUCTOR!

No class 7/3

**For free virtual classes, workshops, and special events scan the QR code below or go to [www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)**

**Monday, July 4th hours 5am – 4pm**

**H.I.I.T.** 5:30-6:25PM

Gillian CR1

*July 5 Surge Fit w/ Amanda

**Doonya: The Bollywood Workout** 7-7:55PM

Jaya / CR1

**Zumba** 6:30-7:25PM

Teresa DR

* Indicates a change.

* Class in danger of cancellation due to low attendance. Current month will run as scheduled.

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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 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*
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+)

Doonya: The Bollywood Workout
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 Spin † (10)
Ride your way to a stronger, leaner body on a stationary spin bike. Come join indoor cycling and get rolling! It’s an invigorating workout great for everyone, allowing riders to work at the own pace, whether beginner, intermediate, or advanced. Bring a water bottle and a towel.

H.I.I.T.
Get better results in less time. An efficient combination of interval training offset by low intensity recovery periods allows you to truly go all out! Designed to be safe and low impact, including mobility and functional moves, prime your body for hard work. HIIT will rev up your post-workout metabolism and increase strength without sacrificing mobility.

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.

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.

Surge Fit
This energizing HIIT workout will get you results fast! High intensity cardio tracks that push fat burning systems into high gear are intertwined with high-rep strength training tracks that shape and tone your body for maximum results. Popular music driven highs and lows combined with a motivating group atmosphere will get your heart rate and muscles surging to push you to your personal best. Feel the surge!

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.

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.

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. Vinyasa yoga will gently wake you up and invigorate your day. Multiple options for each pose invite you to develop both strength and ease. The class is tailored to meet the needs of its students, with a consistent focus on alignment and mindfulness. Please bring a sticky yoga mat to class.

Water Walking
This class is designed to improve your whole body’s muscle tone and aerobic fitness. Ideal for those who want the effects of walking without adding stress to muscles and joints.

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 or light weights for a fun strength-training experience.

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.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>Pilates 8:00 am – 9:00 am Shirl W. Meeting ID: 834 0153 5357</td>
<td>New Mix It Up Live at Providence 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</td>
<td>Yoga 9:00 am – 10:00 am Sadie G. Meeting ID: 896 6447 4380</td>
<td>Yoga Stretch 8:00 am – 9:00 am Michael S. Meeting ID: 812 4752 0160</td>
<td>New Pure Stretch 8:00 am – 8:45 am Jennifer H. Meeting ID: 848 0203 0991</td>
<td>Zumba® 8:00 am – 9:00 am Gail B. Meeting ID: 860 6134 5097</td>
<td>Basic Training 9:30 am – 10:30 am Jennifer H. Meeting ID: 837 3916 5792</td>
</tr>
<tr>
<td>Mix It Up Live at Providence 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</td>
<td>Yoga 11:00 am – 12:00 pm Deb P. Meeting ID: 896 3167 0804</td>
<td>Mix It Up Live at Providence 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</td>
<td>Pilates 11:30 am – 12:30 pm Edie M. Meeting ID: 858 7896 4048</td>
<td>Mix It Up Live at Providence 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</td>
<td>Strength Mix 9:00 am – 9:45 am Laurie S. Meeting ID: 999 7171 4875</td>
<td>Pure Stretch 12:00 pm – 12:30 pm Shirl W. Meeting ID: 871 6941 6303</td>
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<tr>
<td>Basic Training for Older Adults 9:00 am – 10:00 am Gail B. Meeting ID: 826 6940 0842</td>
<td>Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 836 5648 6814</td>
<td></td>
<td>Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.</td>
<td>Zumba® 9:00 am – 10:00 am Gail B. Meeting ID: 812 2474 5568</td>
<td>Strength Training for Older Adults 10:05 am – 10:50 am Gail B. Meeting ID: 846 2127 9226</td>
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<td>Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142</td>
<td>Zumba® Live at South Run 6:00 pm – 7:00 pm Shawna D. Meeting ID: 865 2801 7850</td>
<td>Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007</td>
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<td>Yoga 2:00 pm – 3:00 pm Trish L. Meeting ID: 825 4657 6059</td>
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<tr>
<td>Yoga 6:00 pm – 7:00 pm Teresa T. Meeting ID: 845 6705 8234</td>
<td>Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 940 3353 7968</td>
<td>Mix It Up (Mat) Live at Oak Marr 6:00 pm – 6:55 pm Jennifer H. Meeting ID: 847 7725 5135</td>
<td>Strength Mix 6:00 pm – 7:00 pm Jennifer H. Meeting ID: 814 4241 3393</td>
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**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](http://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](http://www.fairfaxcounty.gov/parks/accessible).**

**Updated 6/2/2022**
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.

**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](http://www.fairfaxcounty.gov/parks/recenter/schedules).

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