## July 2022

### 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>Yoga</strong>&lt;br&gt;10:00-10:55 AM&lt;br&gt;Tia/MB&lt;br&gt;No Class: 7/4, 7/25</td>
<td><strong>Cycle Spin</strong>&lt;br&gt;9:00-9:45 AM&lt;br&gt;Steve/FS</td>
<td><strong>Zumba</strong>&lt;br&gt;10:00-10:55 AM&lt;br&gt;Sandra/FS</td>
<td><strong>Yoga</strong>&lt;br&gt;9:00-9:55 AM&lt;br&gt;Edie/MB</td>
<td>* Indicates a change or new class</td>
<td></td>
</tr>
<tr>
<td><strong>Cardio Sculpt</strong>&lt;br&gt;10:00-10:55 AM&lt;br&gt;Sherry/FS</td>
<td><strong>Yoga</strong>&lt;br&gt;10:00-10:55 AM*&lt;br&gt;Tia/MB&lt;br&gt;No Class: 7/6, 7/20, 7/27</td>
<td><strong>Cycle Spin</strong>&lt;br&gt;9:00-9:45 AM&lt;br&gt;Jennifer Y./FS</td>
<td><strong>Barre Techniques</strong>&lt;br&gt;9:00-9:45 AM&lt;br&gt;Sherry/FS</td>
<td>Yoga&lt;br&gt;9:00-9:55 AM&lt;br&gt;Edie/MB&lt;br&gt;No Class: 7/2</td>
<td></td>
</tr>
<tr>
<td><strong>Guidelines to Keep You Safe:</strong>&lt;br&gt;- Masks are optional for indoor group exercise classes&lt;br&gt;- Please continue to bring your own exercise/yoga mat to class&lt;br&gt;- Please wipe down all equipment before and after use to maintain cleanliness</td>
<td><strong>Outdoor Healthy Strides</strong>&lt;br&gt;10:00-10:55 AM&lt;br&gt;Anna/F2&lt;br&gt;No Class: 7/7</td>
<td><strong>Core Conditioning</strong>&lt;br&gt;10:00-10:45 AM&lt;br&gt;Sherry/FS</td>
<td><strong>Pilates Mat</strong>&lt;br&gt;10:00-10:45 AM&lt;br&gt;Sherry/MB&lt;br&gt;No Class: 7/2, 7/16</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Join Paulette for an Independent Aging Workshop†** – Monday, July 18th at 1:00 PM

<table>
<thead>
<tr>
<th>Silver Sculpt*&lt;br&gt;11:00-11:55 AM&lt;br&gt;Jennifer B./FS*&lt;br&gt;No Class: 7/4</th>
<th>Aqua Fitness Circuit&lt;br&gt;11:05-12:00 PM&lt;br&gt;Jennifer B./Pool&lt;br&gt;No Class: 7/19</th>
<th>Silver Sculpt*&lt;br&gt;11:00-11:55 AM&lt;br&gt;Jennifer B./FS*&lt;br&gt;No Class: 7/6</th>
<th>Mix It Up&lt;br&gt;10:00-10:55 AM&lt;br&gt;Steve/MB*</th>
<th>Bombay Jam&lt;br&gt;Will return in September!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Abs, Back, Stretch</strong>&lt;br&gt;12:00-12:45 PM&lt;br&gt;Jennifer B./FS*&lt;br&gt;No Class: 7/4</td>
<td><strong>Abs, Back, Stretch</strong>&lt;br&gt;12:00-12:45 PM&lt;br&gt;Jennifer B./FS*&lt;br&gt;No Class: 7/6</td>
<td><strong>Yoga</strong>&lt;br&gt;12:00-12:55 PM&lt;br&gt;Steve/FS</td>
<td><strong>Join Paulette for an Independent Aging Workshop†</strong> – Monday, July 18th at 1:00 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Bombay Jam</strong>&lt;br&gt;6:00-6:55 PM&lt;br&gt;Aparna/FS&lt;br&gt;No Class: 7/4, 7/18</td>
<td><strong>RUMBLE™</strong>&lt;br&gt;6:00-6:55 PM&lt;br&gt;Kelly/FS&lt;br&gt;No Class: 7/5</td>
<td>Turbo Kick™&lt;br&gt;6:00-6:55 PM&lt;br&gt;Kelly/FS</td>
<td><strong>Yoga</strong>&lt;br&gt;9:00-9:55 AM&lt;br&gt;Nancy/MB&lt;br&gt;No Class: 7/3</td>
<td></td>
</tr>
<tr>
<td><strong>Please stay home if feeling unwell in any way or if you have been exposed to COVID in the last fourteen days.</strong></td>
<td><strong>Kettlebell Fundamentals</strong>&lt;br&gt;6:00-6:55 PM&lt;br&gt;Brendan/FS&lt;br&gt;No Class: 7/5</td>
<td><strong>Yoga</strong>&lt;br&gt;6:00-6:55 PM&lt;br&gt;Meditation&lt;br&gt;7:00-7:45 PM&lt;br&gt;Simona/MB&lt;br&gt;No Class: 7/20, 7/27</td>
<td>Please check in at the front desk first when attending any drop-in class, whether indoors or outdoors.</td>
<td></td>
</tr>
<tr>
<td><strong>Updated Guidelines to Keep You Safe:</strong>&lt;br&gt;- Masks are optional for indoor group exercise classes&lt;br&gt;- Please continue to bring your own exercise/yoga mat to class&lt;br&gt;- Please wipe down all equipment before and after use to maintain cleanliness</td>
<td><strong>Cycle Spin</strong>&lt;br&gt;7:00-7:55 PM&lt;br&gt;Steve/FS</td>
<td>* Indicates a change or new class</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 Rec Center with questions or concerns.

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

---

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

**Abs, Back, and Stretch**
If you think Pilates is too much, but like the idea of working the core muscle groups, then this class is for you! It focuses on trunk exercises to promote strength, flexibility, better posture, and good form.

**Aqua Fitness Circuit**
Have fun in this unusual class that has it all. Move from station to station using a variety of equipment both on land and in the pool for a fun cardio and resistance workout. Please wear a swimsuit to class underneath workout clothing and bring a towel.

**Barre Techniques**
Learn the secrets of a ballet body workout. This techniques class will prepare you for our registration classes using the Barre workout method.

**Bombay Jam**
Shake up your fitness routine with an exciting new aerobic format that fuses the folk-dance movement of Bhangra with fun Bollywood flair. Enjoy fun and interesting ways of moving while dancing into an improved level of fitness. If you like Zumba, you will love this class too.

**Cardio Sculpt**
This class focuses on cardiovascular exercise with segments of body sculpting interwoven throughout for variety. What a great way to stay in shape and beat exercise boredom while introducing something new to your current workout.

**Cycle Spin**
Come join indoor cycling and get rolling! It’s an invigorating workout great for everyone, allowing riders to work at their own paces, whether beginner, intermediate, or advanced. Water bottles and a towel are necessary for this class. **Class is limited based on available bikes. Check in up to 30 minutes before class at the front desk for a bike number.**

**Core Conditioning**
This class emphasizes sculpting and strengthening the trunk with its major muscle groups—feel your abdominal, glute, hip, back and chest muscles like never before using balls, dumbbells, and weighted body bars.

**Healthy Strides**
Let’s get walking! This outdoor class will take you on a fitness walk around the fields or on nearby local trails. Learn walking tips and techniques specific to both indoor and outdoor terrain.

**Kettlebell Fundamentals**
Kettlebell training is an excellent way to burn fat while building strength and power with just the right amount of controlled, explosive movement. Learn how to safely execute kettlebell technique and how to make appropriate modifications that will work every major muscle group in the body. The workout is comprehensive, fun, and much different than your regular weight training routine. Get swinging with kettlebells instead and try something new!

**Meditation**
Enjoy this simple introduction to meditation for beginners. Learn how to release tension, relax the body, and 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.

**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.

**Pilates**
A class for the Pilates beginner, the mat workout is designed to teach fundamental concepts, basic movements, breathing, and modifications. This class is excellent preparation for the Pilates Level I class.

**RUMBLE™**
This authentic, simple, mixed martial arts format is geared for group exercise and enhances spatial awareness and integrated movement ability while using the RUMBLE stick. No martial arts experience is needed, only a willingness to sweat and have fun!

**Silver Sculpt**
Enjoy a weight training class at a lower intensity that is appropriate for all ages. Learn to safely use strength training equipment—even your own bodyweight—in fun, innovative ways. The benefits of functional strength are many, including greater bone density, improved coordination, better balance, and increased lean muscle mass.

**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.

**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.

**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. **Class is limited to the first 15 participants.**

**Independent Aging Workshop**
Join us for some great tips about posture, balance, and stretching as we age. **Workshop is limited to the first 20 participants.**

---

**Room Codes:** FS=Fitness Studio; MB=Mind Body Studio; PL=Pool Patio; F1/F2=Front Parking Lots

Please wear sneakers and comfortable clothing that allow free movement.

Twelve is the minimum age for drop-in class participants.
# 2022 Virtual Fitness Classes

## Weekly Schedule

### MONDAY
- **Pilates**
  - 8:00 am – 9:00 am
  - Shirl W.
  - Meeting ID: 834 0153 5367
- **Mix It Up**
  - **NEW**
  - 8:00 am – 9:00 am
  - Christine M.
  - Meeting ID: 825 4420 3739
  - *Live at Providence*
- **Yoga**
  - 9:00 am – 10:00 am
  - Sadie G.
  - Meeting ID: 898 6447 4380
- **Pilates**
  - 12:00 pm – 1:00 pm
  - Shirl W.
  - Meeting ID: 836 5648 6814

### TUESDAY
- **Mix It Up**
  - **NEW**
  - 8:00 am – 9:00 am
  - Jennifer H.
  - Meeting ID: 892 8887 5392
- **Yoga**
  - 9:00 am – 10:00 am
  - Christine M.
  - Meeting ID: 825 4420 3739
  - *Live at Providence*
- **Mix It Up**
  - 9:00 am – 10:00 am
  - Christine M.
  - Meeting ID: 858 7896 4048
- **Yoga Stretch**
  - 11:30 am – 12:30 pm
  - Michael S.
  - Meeting ID: 812 4752 0160
- **Pure Stretch**
  - 8:00 am – 8:45 am
  - Jennifer H.
  - Meeting ID: 848 0203 0991
- **Zumba®**
  - 8:00 am – 9:00 am
  - Gail B.
  - Meeting ID: 860 6134 5097

### WEDNESDAY
- **Yoga**
  - 9:00 am – 10:00 am
  - Shirl W.
  - Meeting ID: 898 6447 4380
- **Mix It Up**
  - **NEW**
  - 9:00 am – 10:00 am
  - Edie M.
  - Meeting ID: 812 4752 0160
- **Mix It Up (Mat)**
  - **NEW**
  - 6:00 pm – 6:55 pm
  - Michael S.
  - Meeting ID: 847 7725 5135
- **Strength Mix**
  - 5:30 pm – 6:15 pm
  - Laurie S.
  - Meeting ID: 812 9680 9142
- **Zumba®**
  - 6:00 pm – 7:00 pm
  - Shirl W.
  - Meeting ID: 845 6705 8234
- **Tai Chi Basics**
  - 4:00 pm – 5:00 pm
  - Sally H.B.
  - Meeting ID: 813 1159 8007

### THURSDAY
- **Yoga**
  - 8:00 am – 9:00 am
  - Sadie G.
  - Meeting ID: 812 4752 0160
- **Pure Stretch**
  - 8:00 am – 8:45 am
  - Jennifer H.
  - Meeting ID: 848 0203 0991
- **Zumba®**
  - 8:00 am – 9:00 am
  - Gail B.
  - Meeting ID: 860 6134 5097
- **Strengthen Training for Older Adults**
  - 10:05 am – 10:50 am
  - Gail B.
  - Meeting ID: 846 2127 9226
- **Zumba Gold®**
  - 9:00 am – 10:00 am
  - Laurie S.
  - Meeting ID: 999 7171 4875

### FRIDAY
- **Pilates**
  - 12:00 pm – 1:00 pm
  - Shirl W.
  - Meeting ID: 836 5648 6814
- **Zumba®**
  - 8:00 am – 9:00 am
  - Gail B.
  - Meeting ID: 860 6134 5097
- **Strength Mix**
  - 9:00 am – 9:45 am
  - Laurie S.
  - Meeting ID: 846 2127 9226

### SATURDAY
- **Basic Training**
  - 9:30 am – 10:30 am
  - Jennifer H.
  - Meeting ID: 837 3916 5792
- **Strength Mix**
  - 9:00 am – 9:45 am
  - Laurie S.
  - Meeting ID: 999 7171 4875
- **Strength Training for Older Adults**
  - 10:05 am – 10:50 am
  - Gail B.
  - Meeting ID: 846 2127 9226

### SUNDAY
- **Basic Training for Older Adults**
  - 9:00 am – 10:00 am
  - Gail B.
  - Meeting ID: 826 6940 0842
- **Pilates**
  - 12:00 pm – 1:00 pm
  - Shirl W.
  - Meeting ID: 836 5648 6814
- **Zumba®**
  - 8:00 am – 9:00 am
  - Gail B.
  - Meeting ID: 826 6940 0842
- **To join a class, visit:**
  - [www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)
- **Always go to the HSCC webpage for the most up-to-date schedule.**

### 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/reccenter/schedules](http://www.fairfaxcounty.gov/parks/reccenter/schedules).

If you have more specific questions regarding the Healthy Strides Community Classes, please email [Elizabeth.Ittner@fairfaxcounty.gov](mailto:Elizabeth.Ittner@fairfaxcounty.gov).