



September 2021

DROP-IN GROUP FITNESS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|
| | †Cycle Spin 9:00-9:45 AM *Sherry /FS | | † Cycle Spin 9:00-9:45 AM *Jennifer Y. /FS No Class: 9/2 | | * Indicates a change or a newly added class |
| | Cardio Sculpt 10:00-10:55 AM Sherry/FS | *†Outdoor Zumba 10:00-10:55 AM Sandra/FS | Yoga 9:00-9:55 AM Edie/MB | Core Conditioning 10:00-10:45* AM Sherry/FS | *Yoga 9:00-9:55 AM Edie/MB No Class: 9/4 |
| Yoga *11:00-11:55 AM Venay/MB No Class: 9/6 | | Yoga *11:00-11:55 AM Venay/MB | | | |
| Spin outdoors this month with Kaitlyn on Monday evenings to welcome beautiful fall weather! | | | | | Sunday |
| | *†Cycle Spin 5:00-5:30 PM Venay/FS | | *†Cycle Spin 5:00-5:30 PM Venay/FS | | Yoga 9:00-9:55 AM Nancy/MB No Class: 9/5, 9/12 |
| *†Outdoor Cycle Challenge 7:00-7:55 PM Kaitlyn/F3* No Class: 9/6 | Yoga 5:45-6:30 PM Venay/MB | *Outdoor Yoga 6:00-6:55 PM Simona/PL No Class: 9/1, 9/8 | Yoga 5:45-6:30 PM Venay/MB | **Please check in at the front desk first when attending any drop-in class, whether indoors or outdoors** | Pilates Mat 10:00-10:55 AM Sherry/FS No Class: 9/5 |
| *Ab Attack 8:15-8:45 PM Kaitlyn/FS No Class: 9/6 | Kettlebell Fundamentals 6:00-6:55 PM Brendan/FS | *Meditation 7:15-8:00 PM Simona/MB | | | |
| Updated Guidelines to Keep You Safe: <ul style="list-style-type: none"> Masks are required for all members and guests for indoor group exercise classes, regardless of vaccination status Please continue to bring your own exercise/yoga mat to class Please wipe down all equipment before and after use to maintain cleanliness | | | LOCATION KEY: FS = Indoor Fitness Studio MB = Indoor Mind Body Studio PL = Outdoor Pool Patio F1/F2 = Outdoor Front Lots F3 = Outdoor Back Lot F5 = Outdoor Front Turf Field | | Please stay home if you are feeling unwell in any way or have been exposed to Covid-19 in the last 14 days. |

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.

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



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.

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 Challenge

This ride is a higher intensity version of Cycle Spin that will truly challenge your cardiovascular system and help improve endurance. The class is designed for fit individuals who want to take their spin workouts to another level. Water bottles and a towel are necessary for this ride. †**Class is limited to the first 6 participants. Check in up to 30 minutes before class at the front desk for a bike number.**

Cycle Spin

Come join outdoor/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 to the first 6 participants. 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.

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.

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.

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 20 participants. Check in up to 30 minutes before class at the front desk to sign up and receive a wristband.**

Room Codes: FS=Fitness Studio; MB=Mind Body Studio; PL=Pool Patio; F1/F2=Front Parking Lots; F3=Back Lot; F5=Front Turf Field

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



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> | | |
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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

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 - Enjoy a weight training class that is appropriate for all ages. Learn to safely use all types of 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. **Older Adults** format focuses on the same goals but at a lower intensity.

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!

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.

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

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.

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.

WARRIOR Rhythm™ - SOULfusion is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment. We also use our own body weight, or dumbbells for the strength sections.

Tabata - Tabata interval training is the most intense training on the planet. 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. You will efficiently train for both cardio and strength without any wasted time or boredom.

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.

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

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.

If you have more specific questions regarding a class format, please email Elizabeth.Ittner@fairfaxcounty.gov