





SOUTH RUN REC CENTER

7550 Reservation Drive
Springfield, Va 22153-1526

SEPTEMBER 2021 DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAY TUNED – CYCLE CLASSES WILL RETURN IN OCTOBER!				Ab Attack 6:30-6:55am CR 4 Michaela	Body Pump 8-8:55am CR 4 NO CLASS 9/4 Michaela
	Body Pump 7:30-8:25am CR 4 Gail		Body Pump 7:30-8:25am CR 4 Gail	Balance Training 7-7:25am CR 4 Michaela	Ab Attack 8-8:25am Outside Parking Lot Anne
		Barre 11:30-12:25pm Studio A Wendy	Ab Attack + Mix It Up 9-9:45am NO CLASS 9/9 Pool Patio Laurie	Yoga 7:30-8:25am Outside Pool Patio Michael	Mix It Up 8:30-8:55am Outside Parking Lot Anne
	Cardio Kickboxing 6:30-7:25pm Outside Parking Lot Jennifer	Zumba + Virtual 5-5:55pm CR 4 Shawna		http://www.fairfaxcounty.gov/parks/healthy-strides DROP-IN VIRTUAL CLASSES FOR YOU! 	Mix It Up 9 – 9:45am Studio A Laurie
Sunday		Zumba Toning 6-6:55pm CR 4 Shawna	HIGH Fitness 7-7:55pm Studio A Jessica		HIGH Fitness 9-9:55am CR 4 Jessica
Yoga 5-5:55pm Outside Pool Patio Michael	Yoga 8-8:55pm Outside Pool Patio Brenda			Updated Guidelines to Keep You Safe: <ul style="list-style-type: none"> Masks will be required for all members and guests for indoor group exercise classes. Please continue to bring your own personal exercise or yoga mat to class. Please continue to wipe down equipment before and after use to maintain a clean environment. 	
			* Indicates a change. ✂ Class in danger of cancellation due to low attendance. Current month will run as scheduled.	Please stay home if you are sick or have been exposed to Covid-19 in the last 14 days. https://www.fairfaxcounty.gov/parks/recenter	

These classes are included with your RECenter membership and subject to change. Non-members pay general admission at check-in time. Please show proof of county residency and/or student ID for applicable discounts. Fitness Director laurie.strickland@fairfaxcounty.gov.



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

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.

Balance Training

Helps you improve coordination, balance and performance while reducing injury risk using fitness tools specifically designed to help improve balance.

Barre

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

Body Pump

This is the original barbell class that strengthens your entire body. Challenge all the major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls.

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

Fight fitness boredom and get out of that exercise rut with a class that mixes cardiovascular training, body sculpting, and stretching. All levels of fitness welcome.

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 Toning / Zumba

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

Zumba Toning uses toning sticks.

Room Codes: FS=Fitness Studio; PL=Pool Patio; L1=Parking Lot 1; L2=Parking Lot 2

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>		

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