






**April 2025**

# DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Spin 5:15-6:05 AM Jo-Ellen/FS	Cardio Sculpt 5:10-5:50 AM Michaela/DS	Cycle Spin 5:15-6:05 AM Jo-Ellen/FS	Cardio Sculpt 5:10-5:50 AM Michaela/DS	Cycle Spin 5:15-6:05 AM Jo-Ellen/FS	Cycle Spin 7:00-7:50AM Jo-Ellen/FS
Fit Circuit 8:00-8:45 AM Gillian/FS	<b>LES MILLS BODYPUMP</b> 6:00-6:55 AM Michaela/DS	P90X 6:00-6:55 AM Gillian/DS	<b>LES MILLS BODYPUMP</b> 6:00-6:55 AM Michaela/DS	P90X 6:00-6:55 AM Gillian/DS	<b>LES MILLS BODYCOMBAT</b> 8:00-8:55 AM Jennifer/DS
Mix It Up 8:45-9:30 AM Michaela/CR1&2	Mix It Up 7:00-7:45 AM Michaela/DS	Barre Techniques 7:00-7:45 AM Gillian/DS	Mix It Up 7:00-7:45 AM Michaela/DS	Fit Circuit 9:00-9:45 AM Elizabeth/FS	YOGA* 8:00-8:55 AM Joanna/ CR 1&2
 ZUMBA 9:00- 9:55 AM Andrea/DS	Deep Water Exercise 10:05-11:00 AM POOL	Fit Circuit 9:00-9:45 AM Maureen/FS	Fit Circuit 8:30-9:15 AM Julie/FS		Body Sculpting 9:00-9:50 AM Kathy/DS
Body Sculpting 9:35-10:20 AM Michaela/CR1&2	YIN YOGA 4:30-5:25 PM Jeff/CR1&2	 ZUMBA 9:00- 9:55 AM Jill /DS	*Spring Break Camps 4/14 to 4/18		Pure Stretch 10:00-11:15 AM Debbie/DS
Yoga 11:00-11:45 AM JK/CR1&2	Cycle Spin 6:00-6:45 PM Zak/FS	Foam Rolling 10:00 – 10:25 AM Maureen/ FS		<b>LES MILLS BODYPUMP</b> 6:00-6:55 PM Monique/DS	*Pilates* 11:30- 12:25 Debbie/DS
Mix It Up & Body Sculpting cancelled 4/14	Body Sculpting / H.I.I.T. 6-6:45 PM/6:55-7:30 PM Laurie/DS	Tai Chi Fundamentals* 10:00-10:50 AM Rick/DS	Cycle Spin 5:30-6:15 PM Gillian/FS	<b>Featured CLASSES:</b>  BODYPUMP classes every Monday, Tuesday, Thursday, Friday, & Sunday! YOGA classes every Saturday at 8AM!  Tai Chi Fundamentals every Wednesday at 10AM!	Sunday
<b>LES MILLS BODYPUMP</b> 6:00-6:55 PM Lara/DS	Pilates 7:00-7:50 PM Debbie P./CR 1&2	Cycle Spin 6:00-6:45 PM Zak/ FS			<b>LES MILLS BODYPUMP</b> 8:15-9:10 AM Monique/DS
 ZUMBA 7:10-8:00 PM Shawna/DS		Tai Chi Fundamentals 6:00-6:50 PM Rick/DS	Kettlebell Fundamentals 8:00-8:55 PM Jeff/FS		Vinyasa Yoga 9:30-10:25 AM Shadia/CR 1&2
POWER YOGA 8:00-8:55 PM Jeff/CR 1&2					*Cycle Spin 10:00-10:45 AM Gillian/FS
HEALTHY STRIDES Featured Events: <a href="http://www.fairfaxcounty.gov/Parks/Healthy-Strides">www.fairfaxcounty.gov/Parks/Healthy-Strides</a>			*Indicates a NEW class or time change	*No Class on Easter Sunday (4/20)	POWER YOGA 10:30-11:15 AM Shadia/ CR 1&2



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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 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 Jeff Burden [Jeffrey.Burden@fairfaxcounty.gov](mailto:Jeffrey.Burden@fairfaxcounty.gov)

### **Barre Techniques**

Learn the secrets of a ballet body workout. Barre training is the hottest new fitness class for a ballet buff body. Once you master the fundamentals, you will be ready to get the most out of your barre class.

### **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.

### **BodyPump**

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

### **Body Sculpting**

A lighter total body workout open to all fitness levels. This class focuses on general muscle conditioning using dumbbells as the primary form of resistance.

### **Boxing Fundamentals**

Come learn the basic punches and footwork that provide a foundation to any boxing class. This class is scalable with modifications and challenges to work with at any level. Gloves and wraps are suggested for heavy bag drills.

### **Cardio Sculpt**

This class focuses on cardiovascular exercise with small segments of body sculpting interwoven throughout for variety.

### **Cycle Spin**

This cycling class is great for all levels of fitness! The instructor will call cues for both beginning and experienced students. It's a terrific class for staying fit! Bring a water bottle and towel to class.

### **Deep Water Exercise**

Take the plunge for a workout that is no impact. You'll use a variety of deep-water exercises and deep-water running techniques to get the maximum benefit from water's natural resistance.

### **Fit Circuit**

Combining both cardio and strength-building exercises to get your heart pumping and muscles working, this exciting class targets all the major muscle groups in a circuit-like format.

### **Gentle Yoga**

Gentle stretches, yoga postures and breathing techniques for those desiring a slower pace. This gentle practice may be suitable for individuals returning from illness or injury or those with physical challenges. Please bring a water bottle, mat, and towel to class.

### **H.I.I.T.**

High Intensity Interval Training (H.I.I.T.) is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts to improve cardio endurance and overall fitness.

### **Hi/Lo Aerobics**

You will sweat, laugh, and smile your way through this energetic class with great music designed for all fitness levels. Traditional high/low aerobics will improve reaction time, agility, coordination, and cardiorespiratory function – besides all that, it's just plain FUN!

### **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 work every major muscle group.

### **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 resistance bands, stability balls, dumbbells, and more. All levels of fitness enthusiasts' welcome.

### **P90X**

\*High Intensity\* P90X is a comprehensive program that consists of intense workouts including resistance training, bodyweight work, plyometrics, ab work, martial arts, stretching and yoga.

### **Pilates**

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

### **Pure Stretch**

Work on flexibility in this class which focuses on stretching every major muscle group for stress and pain reduction.

### **Tai Chi Fundamentals**

Come learn about the ancient art of Tai Chi in a giving environment. You will be guided through a series of flowing movements to improve posture, build balance, and to increase both mental and physical strength.

### **Yoga**

In this beginner class we 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 yoga mat to class.

### **Zumba**

Exercise your body and energize your soul with this exciting aerobics class format. Tone up as you get down with energetic Latin music, rhythms, and dance moves. Zumba Toning will include use of the toning sticks.

**Room Codes: CR 1&2=Club Room 1&2; DS=Dance Studio; FS=Fitness Studio**

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









**HEALTHY  
STRIDES  
COMMUNITY  
CLASSES**

# 2025 Virtual Fitness Classes

Weekly Schedule

[www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 8:00 am – 9:00 am Shirl W.	Mix It Up 8:00 am – 9:00 am Jennifer H.	Yoga 9:00 am – 10:00 am Teresa T.	Yoga <i>Live at South Run</i> 7:30 am – 8:30 am Michael S.	Pure Stretch 8:00 am – 8:45 am Jennifer H.	Strength Mix <i>Live at South Run</i> 9:00 am – 9:45 am Laurie S.	<div>NEW!</div> Yoga 8:00 am – 8:45 am Ky W.
Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.		Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.		Mix It Up <i>Live at Providence</i> 9:00 am – 10:00 am Christine M.	<div>NEW!</div> Pure Stretch <i>Live at South Run</i> 9:45 am – 10:15 am Laurie S.	Pure Stretch 8:45 am – 9:15 am Shirl W
<div>NEW!</div> Yoga 12:00 pm – 12:55 pm Ky W.	Strength Mix 5:30 pm – 6:15 pm Laurie S.	Pilates 12:00 pm – 1:00 pm Shirl W.	Please be courteous to all class participants by staying muted unless otherwise instructed.	Body Sculpting 10:00 am – 10:55 am Julie C.		Basic Training 9:30 am – 10:30 am Jennifer H.
Yoga <i>Live at South Run</i> 5:45 pm – 6:40 pm Teresa T.	Pilates 7:00 pm – 8:00 pm Shirl W.	Mix It Up (Mat) <i>Live at OakMont</i> 6:00 pm – 6:55 pm Jennifer H.		Yoga 11:30 am- 12:30 pm Nancy S.	<b>Wellness Workshops</b> <u><i>Wednesdays, 7-8 pm</i></u> Sandy Jolles (CNS, LDN) 4/23- Nutrition’s Impact on Autism Management 5/21- Calm Through Cuisine 6/18- Mindfulness Unplugged	<div>NEW!</div> Pure Stretch 7:00 pm – 7:30pm Laurie S.
<div>NEW!</div> Pure Stretch 7:00 pm – 7:30 pm Laurie S.	Tai Chi Basics 7:30 pm – 8:30 pm Sally H.B.	<div>NEW!</div> Pure Stretch 7:00 pm – 7:30pm Laurie S.	Pilates 6:00 pm – 7:00 pm Laurie S.			
			Strength Mix 6:00 pm – 7:00 pm Jennifer H.	<div> FAIRFAX COUNTY PARK AUTHORITY <b>Rec CENTERS</b></div> <div>Updated 3/27/2025</div>		

Updated 3/27/2025



## Class Descriptions

**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.

**Body Sculpting** – A lighter total body workout open to all fitness levels. This class focuses on general muscle conditioning using dumbbell as the primary form of resistance.

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

**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.

**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 [Ryan.ross@fairfaxcounty.gov](mailto:Ryan.ross@fairfaxcounty.gov)