


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basic Training 5:30-6:25 AM Michelle/BP/MPR1	Yoga 6:00-6:55 AM Melanie / MPR1	Basic Training 5:30-6:25 AM Michelle / BP / MPR1	Yoga 6:00-6:55 AM Melanie / MPR1	Pilates 5:30-6:25 AM Michelle/BP/MPR1	BODYPUMP™ 7:00-7:55 AM Melanie / MPR1	Strength Circuit 8:00-8:55 AM Ayush / MPR1
Mix It Up 10:00-10:55 AM Julie C. / BP or MPR1	Body Bar Training 9:00-9:55 AM Julie C. / MPR1	BODYPUMP™ 8:30-9:25 AM Peggy / MPR1	Mix It Up 10:00-10:55 AM Julie C. / MPR1	BODYPUMP™ 8:30-9:25 AM Peggy / MPR1	BODYCOMBAT 8:00-8:55 AM Melanie / MPR1	Zumba® 9:00-9:55 AM Patricia / MPR2
Yoga 11:00-11:55 AM Melissa / MPR1	Pilates 10:00-10:55 AM Melissa / MPR1	Cycle Spin 10:00-10:55 AM Michelle / BP or MPR1	Deep Water Exercise 10:00-10:55 AM Peggy/Shallow pool		Cycle Spin 9:00-9:45 AM Julie C. / MPR1	Can't make it in person? Check out our virtual Healthy Strides community class list https://www.fairfaxcounty.gov/parks/healthy-strides
Shallow Water Walking 11:00-11:55am Michelle/Shallow/Leisure	Bootcamp 5:00-5:55 PM Megan / MPR1	Shallow Water Walking 11:00-11:55am Michelle/Shallow/Leisure	Yoga 11:00-11:55 AM Abigail / MPR1 or Circle	Yin Yoga 12:30-1:25 PM Melissa / MPR1		
Cardio Sculpt 4:40-5:25 PM Ayush / MPR1	Zumba® 6:00-6:55 PM Teri / MPR1	Yoga 11:30-12:25 PM Melissa / MPR1	Cycle/Pilates 5:00-5:55 PM Julie C. / MPR1	Zumba® Toning 6:00-6:55 PM Patricia / MPR1	BODYPUMP™ 10:00-10:55 AM Fred & Irene / MPR1	
Zumba® 5:00-5:55 PM Eve / MPR2	Fit Circuit 7:00-7:55 PM Ayush / MPR1	BODYPUMP™ 5:30-6:25 PM Melanie / MPR1			Zumba® 6:00-6:55 PM Patricia / MPR1	
BODYPUMP™ 5:30- 6:25 PM Peggy / MPR1		Yoga 6:00-6:55 PM David /MPR2 /Circle				
Pure Stretch 6:00-6:55 PM Jennifer/Circle or MPR2	OPEN HOUSE Wednesday, May 22 nd 4:30 PM – 7:30 PM <ul style="list-style-type: none"> Free Admission All Day! Visit the membership table for giveaways! Learn about drop-in childcare, camps, aquatics, fitness, nature programs, scouts and more. Free InBody assessments! 		The calendar is subject to change due to instructor and room availability. *Indicates a change. ⚡ Class in danger of cancellation due to low attendance. The current month will run as scheduled.			
 Barre Techniques 6:35-7:30 PM Megan / MPR1			Deep Water Exercise –Take the plunge for a non-impact workout. You use a variety of deep-water exercises and running techniques to get the maximum benefit from water’s natural resistance.		General Admission Adult (19-64 yrs.) \$11.00 Youth/Student (5-18 yrs.) \$7.50 Senior (65 yrs. +) \$7.50	County Resident \$11.00 \$7.50 \$7.50



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 Cristian.Gonzalez@fairfaxcounty.gov
For Inclusion and ADA Support call 703.324.8563 • TTY Va. Relay 711

Barre Techniques - Learn the secrets of a ballet body workout. Barre training is the hottest new fitness class for a ballet buff body. This techniques class will prepare you for our registration classes using the Barre workout method. Once you master the fundamentals, you will be ready to get the most out of your Barre class.

Basic Training - This class is physically challenging workout with military-style design to tone and strengthen both body and mind, using a combination of calisthenics, floor exercises, and drills. It's the ideal workout for the intermediate to advanced exercise participant who wants to mix things up a bit.

Bootcamp - Fun, physical training that may include calisthenics, floor exercise and outdoor work. Great for the intermediate or advanced exerciser who is looking to mix things up a bit.

BODYCOMBAT - Punch and kick your way to fitness, burning lots of calories. This high-energy martial art inspired workout is totally non-contact with no complex moves to master. A LES MILLSTM instructor will challenge you to up the intensity and motivate you to make the most of every round. Release stress, have a blast and feel like a champ.

BODYPUMP™ - The original, preformatted barbell class that strengthens your entire body. Challenge your major muscle groups by using the best weight room exercises. Choose your own weight level, listen to great music, and quickly get the results you desire!

Body Bar Training - Using only a long-weighted bar, develop core strength, balance, symmetry, and muscle definition like never before. The body bar's unique shape improves posture, body awareness, and muscle control to improve performance in both sports activities and daily life challenges. You will be surprised at the versatility of such a simple piece of equipment.

Course Descriptions:

Cardio Sculpt - This class focuses on cardiovascular exercise with small 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/Pilates - The best of both worlds - cycle spin fused with Pilates workout to give you a dynamic, full body workout. Bring a mat, towel, and water.

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.

Fit Circuit - Combining both cardio and strength building exercises to get your heart pumping and muscles working. This exciting class targets all major muscle groups using a format of three-minute-segments on various equipment – bikes, weights, steps, balls, bodyweight etc. Are you ready for the circuit challenge?

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 are 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.

Pure Stretch - Work on 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 Circuit - This is the perfect way to test the limits of your body. This resistance-based class will use strengthening exercises incorporating BOSU®, dumbbells, resistance bands, and much more! All levels are welcome.

Yin Yoga - Postures are held for longer periods (1-5 min. each), targeting connective tissues, joints, and fascial networks. You will stretch all major muscle groups to help improve flexibility, regain range of motion, reduce pain, and prevent injuries. Bring a mat, towel, bolster, blanket, and pillow to each class.

Yoga - This beginner class is designed 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® and Zumba® Toning - Exercise your body and energize your soul in these exciting aerobics classes. Tone up as you get down with energetic Latin music, rhythms, and dance moves. Zumba Toning will include the use of toning sticks.

Location Codes: BP=Back Patio; FPL=Far Parking Lot; Circle=By Circle Driveway; MPR1=Multipurpose Room 1.
MPR2=Multipurpose Room 2; MPR3=Multipurpose Room 3.

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







**HEALTHY
STRIDES
COMMUNITY
CLASSES**


2024 Virtual Fitness Classes

Weekly Schedule

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: 834 0153 5657</p>	<p>Mix It Up 8:00 am – 9:00 am Jennifer H. Meeting ID: 892 8887 5392</p>	<p>Yoga 9:00 am – 10:00 am Teresa T. Meeting ID: 840 5828 3633</p>	<p>Yoga ⁺ <i>Live at South Run</i> 8:00 am – 9:00 am Michael S. Meeting ID: 842 2723 5452</p>	<p>Pure Stretch 8:00 am – 8:45 am Jennifer H. Meeting ID: 848 0203 0991</p>	<p>Strength Mix ⁺ <i>Live at South Run</i> 9:00 am – 9:45 am Laurie S. Meeting ID: 847 9264 7084</p>	<p>Pure Stretch 8:45 am – 9:15 am Shirl W. Meeting ID: 871 6941 6303</p>
<p>Mix It Up ⁺ <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Mix It Up ⁺ <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>	<p>Pilates 11:30 am – 12:30 pm Edie M. Meeting ID: 858 7896 4048</p>	<p>Mix It Up ⁺ <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Basic Training 9:30 am – 10:30 am Jennifer H. Meeting ID: 837 3916 5792</p>
<p>Basic Training for Older Adults 9:00 am – 10:00 am Gail B. Meeting ID: 826 6940 0842</p>	<p>Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142</p>	<p>Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 836 5648 6814</p>	<p><i>Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.</i></p>	<p>Basic Training for Older Adults 10:00 am – 10:55 am Julie C. Meeting ID: 846 2127 9226</p>	<p>MANAGING PRE-DIABETES AND DIABETES SERIES <u>Wednesdays in May, 5:30-6:30pm</u></p> <p>Led by Catherine Bavido-Arrage, Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist</p> <p>5/1 Basics of Having Pre-Diabetes or Diabetes 5/8 Exercise and Diabetes 5/15 Meals and Diabetes</p> <p>For class descriptions, check the website.</p>	
 <p>Always go to the HSCC webpage for the most up-to-date schedule.</p>	<p>Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 858 0334 3406</p>	<p>Mix It Up (Mat) ⁺ <i>Live at Oak Marr</i> 6:00 pm – 6:55 pm Jennifer H. Meeting ID: 847 7725 5135</p>		<p>Yoga 11:30 am- 12:30 pm Nancy S. Meeting ID: 846 9716 9859</p>		
<p>Yoga ⁺ <i>Live at South Run</i> 5:45 pm – 6:40 pm Teresa T. Meeting ID: 845 6705 8234</p>	<p>Nutrition Wellness Workshops <u>Nutrition Series, 7-8 pm</u> 4/24 Feel Satiated without Overeating ~ Sandy J. 5/29 The Truth About Sugar ~ Sandy J. 6/26 The Connection Between Exercise & Eating ~ Laurie S.</p>		<p>Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007</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. No registration required. Schedule is subject to change. Questions? Contact the Healthy Strides Virtual Class Coordinators at christine.molina@fairfaxcounty.gov or laurie.strickland@fairfaxcounty.gov</p>	

⁺ **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.

 For accommodations, contact Inclusion and ADA Support at 703-324-8563. TTY Relay 711. www.fairfaxcounty.gov/parks/accessible.



FAIRFAX COUNTY PARK AUTHORITY

REC CENTERS

Updated 4/11/2024



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. **Older Adults** format focuses on the same goals but at a lower intensity.

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.

Restorative Yoga - A restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind.

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.

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