




1239 Spring Hill Road • McLean, VA 22102 • 703.827.0989

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Body Sculpting 7:30-8:25 AM Andrew/FS			Yoga 7:00-7:55 AM Ana/FS No Class: 5/25
Zumba 9:00-9:55 AM Vanessa/FS No Class: 5/27		Ask the Trainer 8:30-9:25 AM Andrew/FC		Basic Training 8:00-8:55 AM Ana/FS	Balls & Bands 8:00-8:55 AM Andrew/MB No Class: 5/25
Silver Sculpt 10:00-10:55 AM Steve/FS No Class: 5/27	†Cycle Spin 9:00-9:45 AM Steve/FS No Class: 5/21	Zumba® 9:30-10:25 AM Sandra/FS	†Cycle Spin 9:00-9:45 AM Jennifer Y./FS	Zumba 9:00-9:55 AM Vanessa/FS	R.I.P.E.D. 8:00-8:55 AM Kelly/FS No Class: 5/11, 5/25
Yoga 10:00-10:55 AM Tia/MB No Class: 5/27	Yoga 9:00-9:55 AM Ana/MB	Yoga 10:00-10:55 AM Tia/MB	Yoga 9:00-9:55 AM Edie/MB	Yoga 9:00-9:55 AM Viv/MB No Class: 5/3	Pilates 10:15-11:00 AM Sherry/MB No Class: 5/25
Silver Sculpt 11:00-11:55 AM Jennifer B./FS No Class: 5/27	Cardio Sculpt 10:00-10:55 AM Sherry/FS	Silver Sculpt 11:00-11:55 AM Jennifer B./FS No Class: 5/15		Pop Pilates® 10:00-10:55 AM Sherry/FS	Zumba® 11:30-12:25 PM Aparna/FS No Class: 5/25
Join us for a Spring Hill Open House on May 22nd from 4:30-7:30 PM					
Abs, Back, Stretch 12:00-12:55 PM Jennifer B./FS No Class: 5/27	Aqua Fitness Circuit 11:00-11:55 AM Jennifer B./Pool No Class: 5/14	Abs, Back, Stretch 12:00-12:55 PM Jennifer B./FS No Class: 5/15	Mix It Up 11:00-11:55 AM Steve/FS		
					Sunday
Meditation 5:00-5:45 PM Ana/MB No Class: 5/27	Abs, Back, Stretch 11:00-11:55 AM Steve/MB	Tabata 4:30-5:25 PM* Ana/FS No Class: 5/22	Mobility Basics 12:00-12:55 PM George/FS	Mix It Up 12:00-12:55 PM George/FS	Tabata 8:00-8:55 AM Ana/FS No Class: 5/26
Yoga 6:00-6:55 PM Ana/MB No Class: 5/27	Kettlebell Fundamentals 5:00-5:55 PM Brendan/FS	Bombay Jam® 6:00-6:55 PM Aparna/FS No Class: 5/22	Yoga* 1:00-1:55 PM Ana/MB		Yoga 9:00-9:55 AM Nancy/MB No Class: 5/26
Fitness Center Orientation 6:00-6:55 PM Brendan/FC No Class: 5/27	RUMBLE™ 6:00-6:55 PM Kelly/FS	Fitness Center Orientation 6:00-6:55 PM Brendan/FC	Turbo Kick™ 6:00-6:55 PM Kelly/FS No Class: 5/16		Zumba® 10:00-10:55 AM Elena/FS No Class: 5/26
Bombay Jam® 6:00-6:55 PM Aparna/FS No Class: 5/27	Mix It Up 7:10-7:55 PM Kelly/MB	Yoga 6:00-6:55 PM Meditation 7:00-7:45 PM Simona/MB	†TRX® Fundamentals 7:00-7:55 PM Kelly/FS No Class: 5/16		Yoga 11:00-11:55 AM Nancy/MB No Class: 5/26
		Zumba* 7:00-7:55 PM Vanessa/FS No Class: 5/22	* Indicates a change or new class	Scan the QR code to find our calendar of free virtual classes or go directly to www.fairfaxcounty.gov/parks/healthy-strides	

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 Wellness Coordinator at ryan.ross@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.

Ask the Trainer

Are you new to Spring Hill and need some help getting started? Want to try a new exercise or machine? Questions on proper exercise form and technique? Curious about the InBody body composition analyzer? Bring your fitness-related questions to this informal session, and let one of our certified personal trainers offer tips and suggestions to keep you going strong.

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.

Balls & Bands

Tired of being limited to machines? Take your workout to the next level by learning how to challenge muscles creatively using your bodyweight, stability balls, and resistance tubing.

Basic Training

This class is a 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.

Body Sculpting

A lighter total body workout open to all levels of participants, this class focuses on general muscle conditioning using a variety of equipment.

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 to the first 12 participants. Check in up to 30 minutes before class at the front desk for a bike number.

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.

Mobility Basics

Mobility Basics is a dynamic group exercise class designed to improve flexibility, range of motion, and overall mobility. This class is suitable for individuals of all fitness levels who are interested in improving movement capabilities and injury prevention.

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.

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.

R.I.P.P.E.D.

A challenging workout using dumbbells and bodyweight that changes the moves every 6 to 9 minutes to achieve that "One Stop Body Shock" for which this format is known. The acronym stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet.

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.

Tabata

Tabata interval training uses 4-minute segments that contain several work/rest cycles. Each cycle consists of 20 work seconds followed by 10 recovery seconds. Sounds easy, but you will work harder in those 4 minutes than you would in 30 minutes of traditional steady state exercise. Learn to train efficiently for both cardio and strength without any wasted time or boredom.

TRX® Fundamentals

Find out what suspension training is all about in this introductory class that leverages gravity and your own bodyweight to perform endless combinations of exercises. Great for all fitness levels, from athletes to seniors, the TRX suspension trainer builds a solid core, increases muscular endurance, and delivers greater performance and functionality to all daily life activities. You are in complete control by simply adjusting body posture to increase or decrease resistance. Proper set-up, exercise execution, and modifications will be taught. †Class is limited to the first 7 participants.

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.

Room Codes: FS=Fitness Studio; MB=Mind-Body Studio; FC=Fitness Center (service desk area)

Please wear sneakers and comfortable clothing that allow 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 #SCC 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