





# May 2025

## DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mix It Up</b> 9-9:55AM Christine DR	<b>Yoga</b> 7:30-8:25AM James CR1	<b>Sculpt &amp; Balance</b> 8-8:55AM Kelly DR	<b>Beach Ball Wallyball</b> 9:30-11:00AM RB2	<b>Mix It Up</b> 9-9:55AM Christine DR	<b>Zumba</b> 10-10:55AM Sandra DR
<b>Breath &amp; Movement</b> 12-12:55PM Yeon / DR	<b>Meditation</b> 8:30-9:00AM James CR1	<b>Mix It Up</b> 9-9:55AM Christine DR	<b>Pure Stretch</b> 10:30-11:25AM Marilyn CR1	<b>Barre</b> 10-10:55AM Gillian DR	
	<b>Beach Ball Wallyball</b> 9:30-11:00AM RB2	<b>Barre</b> 11:45-12:40PM Gillian DR	<b>TRX Fit</b> 11:30-12:25PM Christine CR4	<b>Beach Ball Wallyball</b> 10-12:00PM RB2	<b>Body Pump™</b> <b>Canceled in May.</b> <b>Will return in June!</b>
<b>Zumba</b> 6-6:55PM Neha CR4	<b>Water Walking</b> 10:30-11:25AM Debbie Pool	For free virtual classes, workshops, and special events go to the HSCC Website: <a href="http://www.fairfaxcounty.gov/parks/healthy-strides">www.fairfaxcounty.gov/parks/healthy-strides</a> <b>Wednesday, May 21st at 7pm</b> <b>Calm Through Cuisine: How Diet Can Help Manage Stress</b>			
Memorial Day, 5/26 Hours: 5am-6pm					
<b>COMING IN JULY ~ Summer Wellness Series</b> Featuring 8 workshops covering everything from diabetes care, bone strength, women's health, the mind-body connection and more! Through movement, discussion, and practical tools, you'll gain valuable insight. You can join one workshop or the full series.  \$15 per session. Registration information will be forthcoming.	<b>TRX Fit</b> 11:30-12:25PM Kelly CR4	<b>Zumba</b> 6-6:55PM Neha CR4	<b>Body Pump™</b> 5:30-6:25PM Ashley DR <b>No Class 5/22 or 5/29</b>	<b>Zumba</b> 6:30-7:25PM Teresa DR	<b>Yoga</b> 10-11:15AM Sima DR
	<b>Healthy Strides</b> 1:30-2:25PM Christine <i>Weather Permitting</i>	<b>Yoga</b> 6:30-7:30PM Tom CR5	<i>Every month we offer different workshops on a variety of topics to help you on your health journey.</i>  <b>May Wellness Workshops</b>  Fri., 5/9, 10:15am, CR5 <b>Brain Fitness</b>  Mon., 5/19, 10:15am, CR5 <b>Weight – It's Just a Number</b>  Tues., 5/20, 11:30am, DR <b>Breathe Your Way to Better Health</b>		<b>Zumba</b> 2:00-2:55PM Martin DR
	<b>TRX Fit</b> 5:30-6:25PM Gillian CR4				<b>Request personal training by visiting:</b> <a href="http://www.fairfaxcounty.gov/parks/reccenter/personal-training">www.fairfaxcounty.gov/parks/reccenter/personal-training</a> or ask the front desk for information.
	<b>Zumba</b> 7:30-8:25PM Martin DR	These classes are included with your Rec Center Membership. Non-members pay the general admission rate at check-in. Please be prepared to show proof of county residency for applicable discounts. This calendar is subject to change. Call the center with questions or concerns. For questions or comments e-mail the Fitness Director at <a href="mailto:christine.molina@fairfaxcounty.gov">christine.molina@fairfaxcounty.gov</a> .			



# CLASS DESCRIPTIONS

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## Barre

Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

## Beach Ball Wallyball

Add extra fun to your fitness routine. Played in a racquetball court with a beach ball, wallyball adds some extra cardio, balance practice and flexibility to your routine. (Ages 45+)

## Body Pump

BODYPUMP™ is the original, pre-formatted barbell class that strengthens your entire body. Challenge all of 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!

## Breath & Movement

This class combines mindful breathing techniques with fluid physical movements to cultivate a deep sense of body awareness, relaxation, and balance. The class may integrate elements of yoga and gentle stretching to harmonize the breath with rhythmic movement. Through flowing sequences, the class promotes movement, breath and flexibility.

## Healthy Strides Walking

(Weather Permitting)

Add dimension to your fitness routine as you refresh and connect with nature. Learn the paths, enjoy the outdoors, and get in some exercise. Contact the rec center in case of inclement weather.

## 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

Instructor's choice! This full body conditioning workout usually includes a cardio warm-up, muscular strengthening, endurance, joint integrity, total body toning, and stretches. Class may use dumbbells, bands, balls, and other equipment. All levels are welcome.

## 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.

## Sculpt & Balance

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.

## TRX Fit † (8)

Find out what suspension training is all about in this class that leverages gravity and your own bodyweight to perform endless combinations of exercises. The TRX suspension trainer builds a solid core, increases muscular endurance, and delivers greater performance and functionality to all daily life activities. Proper set-up, exercise execution, and modifications will be taught.

## Water Walking

This class is designed to improve your whole body's muscle tone and aerobic fitness. Ideal for those who want the effects of walking without adding stress to muscles and joints.

## Yoga

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Vinyasa yoga will gently wake you up and invigorate your day. Multiple options for each pose invite you to develop both strength and ease. The class is tailored to meet the needs of its students, with a consistent

focus on alignment and mindfulness. Please bring a sticky yoga mat to class.

## Zumba

Exercise your body and energize your soul in this exciting aerobics class format. Tone up as you groove to energetic Latin music, rhythms, and dance moves.



## MAY WELLNESS WORKSHOPS

### Brain Fitness

Physical exercise is good for the brain, and it can be even more beneficial when it includes “dual tasking.” This simply means adding an extra cognitive challenge to a physical movement, like learning a new dance step or solving puzzles while walking. In this workshop, you'll learn and practice a wide range of dual-tasking strategies that are simple, fun and invigorating for both the body and mind, with modifications for all levels. Choose your favorites and make them part of your ongoing brain fitness routine!

### Breathe Your Way to Better Health

With our modern posture habits and stress, we're often breathing in a shallow, strained way without knowing it. In this workshop you'll learn and practice “three-dimensional” breathing that can increase our energy, improve posture, and even reduce aches and pains, along with other special techniques you can use when you're feeling especially stressed or need to get back to sleep.

### Weight, It's a Number — Accepting the Aging Body

Join us for a thoughtful conversation about how and why our bodies change as we age. We'll explore what those changes mean, what you can do to support your health, and how to embrace body acceptance at every stage of life.















**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.	 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.	 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
 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	 Pure Stretch 7:00 pm – 7:30pm Laurie S.
 Pure Stretch 7:00 pm – 7:30 pm Laurie S.	Tai Chi Basics 7:30 pm – 8:30 pm Sally H.B.	 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.	 <b>FAIRFAX COUNTY PARK AUTHORITY</b> <b>Rec CENTERS</b>		
						Updated 3/27/2025

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)