








































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<div> Express 5:45:6:30am CR 4 Michaela NO CLASS 5/26</div>	<div> 7:30-8:25am CR 4 Gail</div>	<div><div></div><div> Express 5:45:6:30am CR 4 Michaela</div></div>	<div> 7:30-8:25am CR 4 Gail</div>		<div> 7:45-8:40am CR 4 Michaela</div>	<div> 8:45-9:40am CR 4 Gail</div>	
<div>Core Conditioning 7:10-8:05am CR 4 Michaela NO CLASS 5/26</div>	<div>Gentle Cardio 8:45-9:40am CR 1/2 Gail</div>		<div> + Virtual 7:30-8:25AM Studio A Michael</div>	<div>8-8:55am Studio A Michael </div>	<div>Barre 8-8:55am CR 1/2 Anne</div>	<div> Cycle Spin 3:45-4:40pm Vestibule Michael</div>	
<div> 10-10:55am CR 4 Gail NO CLASS 5/26</div>	<div> Basic Training (Older Adults) 10-10:55am CR 4 Gail</div>	<div> 9-9:55am CR 4 Gail</div>	<div>Gentle Cardio 9-9:55am CR 4 Gail</div>		<div><div></div><div>Pilates 8:45-9:30am CR 4 Michaela</div></div>	<div> 5-5:55pm CR 1/2 Michael</div>	
<div><div></div><div> 4-4:55pm CR 4 Randy NO CLASS 5/26</div></div>		<div>Barre 9:30-10:25am Studio A Wendy</div>	<div> Basic Training (Older Adults) 10-10:55am CR 4 Gail</div>		<div>Mix It Up Strength + HSCC Virtual 9-9:45am Studio A Laurie</div>	<div>ATTENTION MATS NOT PROVIDED FOR CLASSES</div> <div></div>	
<div>MEMORIAL DAY MAY 26 HOURS 5A-6P</div>	<div> In Spanish 5:30-6:25pm CR 1/2 Zenith</div>		<div><div></div><div> 4-4:55pm CR 4 Randy</div></div>		<div>Cycle Spin 9-9:55am Vestibule Gina</div>		
	<div> Cycle Spin 6-6:55pm Vestibule Gina</div>		<div> 5-5:55pm CR 4 Randy</div> <div></div>	<div> In Spanish 6-6:55pm CR 1/2 Zenith</div>	<div> 9-9:55am CR 1/2 Anne</div>		
	<div> +HSCC Virtual CR 4 5:45-6:40pm Teresa ONLY VIRTUAL 5/26</div>	<div>Kickboxing Fundamentals 6:30-7:25pm CR 1/2 Jennifer</div>	<div> 6-6:55pm CR 4 Shawna</div>	<div>Pilates + HSCC Virtual 6-6:55pm CR 1/2 Laurie ONLY VIRTUAL 5/15 & 22</div>	<div>Pilates 5:15-6pm CR 1/2 Laurie</div>		
	<div> Cardio Sculpt 7-7:55pm Studio A Anne</div>	<div> Tai Chi Fundamentals 7:30-8:15pm CR 1/2 Jennifer</div>	<div>Step & Sculpt 7-7:55pm CR ½ Anne</div>	<div> Cycle Spin 6-6:55pm Vestibule Michael</div>	<div>For parks operational hours, visit Operational Hours, Class Schedules and Holiday Hours Park Authority (fairfaxcounty.gov)</div>		
<div> 8-8:55pm CR 4 Anne</div>	<div> +Vinyasa 8-8-8:55pm CR 4 Brenda</div>	<div> 8-8:55pm CR 4 Anne</div>	<div>Strength Circuit 7:05-7:50pm Studio A Stephen</div>	<div>Calm Through Cuisine: How Diet Can Help Manage Stress 5/21/2025 7 - 8pm Workshops available on the healthy strides community calendar. Click the QR code below.</div>			
			<div> In Spanish 8-8:55pm CR 4 Zenith</div>				

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

Basic Training Older Adults Use this workout to tone and strengthen body and mind, using a combination of calisthenics, floor exercises and drills. It's the ideal workout for the beginner to mid-level exercise participant who wants to mix things up.



Body Balance Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life.

You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

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

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!

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 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.

Gentle Cardio Take a class that is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping—great for anyone and everyone! This class may include light body sculpting with hand weights or floorwork.

Kickboxing Fundamentals Come learn the skills needed to ensure your confidence and success in any kickboxing class. Basic kicks and punches will be demonstrated, broken down, and practiced, with lots of modifications. You can practice your new moves in the short class that follows the instruction period.

Mix It Up Strength Fight fitness boredom and get out of the exercise rut with a class that mixes cardiovascular training, body sculpting, weights and stretching.

Pilates A low-impact exercise that strengthens and tones your core muscles and improves posture and flexibility.

Step & Sculpt Pack your cardio and strength training into a single, efficient, time-saving workout. The first half of class focuses on step combinations, followed by weight training to build muscle and increase bone density.

Strength Circuit This is the perfect way to test the limits of your body. This resistance-based class uses strengthening exercises incorporating different modes and much more! All levels are welcome.

Tai Chi Fundamentals Learn the ancient art and practice of Tai Chi in a giving environment. You are guided through a series of flowing movements to improve posture, build balance and increase mental and physical strength.

Yoga In this class learn the fundamental concepts of yoga, basic posture and breathing techniques.

Zumba Spanish – Tuesday, Thursday, Friday

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.



Attend your virtual drop-in class and Healthy Strides events. (1st QR code)

Hire a Personal Trainer, Nutrition or Health Coach to stay on track and be your BEST! (2nd QR code)

Drop-in group not right for you? Register for a class. (3rd QR code)

** Indicates a change. ~ Class in danger of cancellation due to low attendance <https://www.fairfaxcounty.gov/parks/recenter>*

These classes included with your rec center membership and subject to change. Non-members pay general

admission. Please show proof of county residency and/or student ID for applicable discounts. Fitness Director laurie.strickland@fairfaxcounty.gov.

7550 Reservation Drive, Springfield 703.866.0566









**HEALTHY
STRIDES
COMMUNITY
CLASSES**

2025 Virtual Fitness Classes

Weekly Schedule

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.	Wellness Workshops <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 Rec CENTERS</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.

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