




June 2025

DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mix It Up 9-9:55AM Christine DR	Beach Ball Wallyball 9:30-11:00AM RB2	Sculpt & Balance 8-8:55AM Kelly DR	Beach Ball Wallyball 9:30-11:00AM RB2	Shallow Water Aerobics 7:30-8:25AM Jim	Zumba 10-10:55AM Sandra DR
Breath & Movement 12-12:55PM Yeon DR <i>(June 2 & 9 only)</i>	TRX Fit 11:30-12:25PM Kelly CR4 <i>(DR starting 6/17)</i>	Mix It Up 9-9:55AM Christine DR	Pure Stretch 11:00-11:55AM* Marilyn CR1 <i>(DR starting 6/19)</i>	Mix It Up 9-9:55AM Christine DR	
	Healthy Strides 1:30-2:25PM Christine <i>(Weather Permitting)</i>	Barre 11:45-12:40PM Gillian DR	TRX Fit 12:00-12:55PM* Christine CR4 <i>(DR starting 6/19)</i>	Barre 10-10:55AM Gillian DR	It's Back! Body Pump™ 11:30-12:25PM Ashley DR
Zumba 6-6:55PM Neha CR4	FREE VIRTUAL WORKSHOP Wednesday, June 18th at 7pm Mindfulness Unplugged: Integrating Nature Therapy and Mindfulness Techniques <i>Find free virtual classes, workshops, and special events like this at: www.fairfaxcounty.gov/parks/healthy-strides</i>			Beach Ball Wallyball 10-12:00PM RB2	
June is Great Outdoors Month - Check out the amazing FCPA parks!					
COMING SOON ~ Summer Wellness Series 7/7 Pelvic Floor Fitness 7/14 Movement Connection 7/21 Is it Menopause? 7/28 Managing OA & Joint Health 8/4 Bone Health 8/11 Your Glucose 8/18 Sleep Hygiene 8/25 Awareness Through Movement \$15 per session. Register at www.fairfaxcounty.gov/parks/parktakes Or call 703-222-4664	TRX Fit 5:30-6:25PM Gillian CR4 <i>(DR starting 6/17)</i>	Zumba 6-6:55PM Neha CR4	Body Pump™ 5:30-6:25PM Ashley DR	Zumba 6:30-7:25PM Teresa DR	Yoga 10-11:15AM Sima DR
		Yoga 6:30-7:30PM Tom CR1	<i>Every month we offer different workshops on a variety of topics to help you on your health journey.</i> June Wellness Workshops Monday, 6/9, 10:15am Hips: Less Pain, More Mobility; CR5 Tuesday, 6/17, 11:30am Empowered Movement: Easy Ways to Get On and Off the Floor; DR Monday, 6/23, 10:15am Make the Most of Meals, Labels, and Local Produce; DR		Zumba 2:00-2:55PM Martin DR
	Zumba 7:30-8:25PM Martin DR	Les Mills Launch Expo 6/28 @ AMRC 9am-3pm <i>Stay tuned for details!</i>			Request personal training by visiting: www.fairfaxcounty.gov/parks/reccenter/personal-training or ask the front desk for information.
	*New times for summer <i>(Note room changes in mid-June)</i>	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 christine.molina@fairfaxcounty.gov .			



CLASS DESCRIPTIONS

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.

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.

Shallow Water Aerobics

This shallow water class provides a cardiovascular workout and increases muscle tone, strength and endurance.

TRX Fit †

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.

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 music, rhythms, and dance moves.

JUNE WELLNESS WORKSHOPS



Hips: Less Pain, More Mobility!

The modern habit of sitting so much at a desk, in a car and even on the couch can leave us with sore, stiff, achy hips. And that can lead us to move even less, making things worse. The good news is that we can turn that cycle around with simple activities during our breaks from sitting! In this workshop, you'll learn and practice targeted stretches and quick exercises to ease the hips into more mobility and less pain. Both standing and floor-based options will be offered. Choose your favorites to repeat for just minutes a day and enjoy less achiness and more ease of movement!

Empowered Movement: Easy Ways to Get On and Off the Floor

Getting up and down is a complex ability, and we can all benefit from some training and practice to help us with gardening, chores, playing with kids, avoiding injuries from falling or straining our backs, and much more. We'll start with a thick mat and empower ourselves with strategies that work best for our unique bodies, and even learn to fall more safely. Join us to gain confidence and make the floor or ground a friendlier place!

Make the Most of Meals, Labels, and Local Produce

Do you have cookbooks sitting on the shelf or recipes saved on your phone that you never use? Bring those recipes to life! In this session, we'll discuss how to choose, read, and adapt recipes so they'll fit easily into a healthy lifestyle. As we adapt the recipe's ingredients, we'll see how those changes improve the recipe's Nutritional Facts Label. We'll also talk about how to consider the label when grocery shopping or purchasing food anywhere. Lastly, we'll also explore the benefits of shopping for fresh, local produce at the Farmers Markets. With the growing season running from June through November, it's the perfect time to discover flavorful, nutritious ingredients grown close to home.















**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.	 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.	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	 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.	 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.

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