

# March 2020



## Audrey Moore RECenter DROP-IN GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>P90X</b> 6:00-6:55 AM Sharon/DS	<b>LES MILLS BODYPUMP EXPRESS 45</b> 5:15-6:00 AM Wendy/DS	<b>P90X</b> 6:00-6:55 AM Gillian/DS	<b>LES MILLS BODYPUMP EXPRESS 45</b> 5:15-6:00 AM Wendy/DS	<b>P90X</b> 6:00-6:55 AM Sharon/DS
<b>BODY Sculpting</b> 9:00-9:55 AM Edie/DS	<b>CYCLE Spin</b> 9:00-9:45 AM Val/FS	<b>YOGA</b> 9:00-9:55 AM Sandy/CR I&II	<b>CYCLE Spin</b> 9:00-9:45 AM Val/FS	<b>*BODY Sculpting*</b> 9:00-9:45 AM Kristen/DS
<b>Hi/Lo Aerobics</b> 10:00-10:55 AM Heather/CR I&II		<b>CARDIO Sculpt</b> 10:00-10:55 AM Meredith/CR I&II		<b>Hi/Lo Aerobics</b> 10:00-10:45 AM Heather/CR I&II
<b>MIX It Up</b> 10:00-10:45 AM Joe/DS	<b>ZUMBA</b> 9:30-10:25 AM Andrea/DS	<b>Ab Attack</b> 11:00-11:25 AM Heather/CR I&II	<b>ZUMBA</b> 9:30-10:25 AM Julie/CR I&II	<b>*YOGA*</b> 10:00-10:55 AM Kristen/DS
<b>CYCLE Challenge</b> 10:00-10:55 AM Julie W/FS		<b>BODY Sculpting</b> 11:30-12:00 PM Heather/CR I&II		
<b>*Deep Water Exercise (Monday); Zumba Toning (Wednesday); YOGA and BODY Sculpting (Friday); BODYCOMBAT (Sunday)*</b>				
<b>Deep Water Exercise</b> 11:00-11:55 AM James/POOL		<b>CYCLE Spin</b> 12:00-12:45 AM Zak/FS	<b>YOGA</b> 12:00-12:55 PM Jeff/CR I&II	
		<b>ZUMBA</b> 12:00-12:55 AM Andrea & Connie/DS		
	<b>BARRE Techniques</b> 5:00-5:55 PM Julie/DS	<b>YOGA</b> 6:00-6:55 PM JK/CR I&II	<b>BODY Sculpting</b> 5:00-5:55 PM Laurie/DS	<b>YOGA</b> 6:00-6:55 PM Sandy/CR I&II
<b>CYCLE Challenge</b> 6:00-6:55 PM Jo-Ellen/FS	<b>CYCLE Challenge</b> 6:00-6:55 PM Zak/FS	<b>CYCLE Challenge</b> 6:00-6:55 PM Jo-Ellen/FS	<b>CYCLE Challenge</b> 6:00-6:55 PM Zak/FS	<b>CYCLE Spin</b> 6:00-6:45 PM Jo-Ellen/FS
	<b>Pilates</b> 6:00-6:55 PM Julie/DS		<b>Hi/Lo Aerobics</b> 6:00-6:55 PM Laurie/DS	
<b>ZUMBA</b> 7:00-7:55 PM Shawna/DS	<b>LES MILLS BODYPUMP EXPRESS 45</b> 7:00-7:45 PM Stacey/DS	<b>ZUMBA toning</b> 7:00-7:55 PM Shawna/DS		<b>ZUMBA</b> 7:00-7:55 PM NeHa/CR I&II
<b>YOGA</b> 8:00-8:55 PM Jeff/CR I&II			<b>Pilates</b> 7:00-7:55 PM Debbie/DS	
<b>STEP 3: Go Golf</b> Tee up for your body and mind! Playing golf is excellent exercise and good for brain health as well. Walking, breathing fresh air and socializing with friends make golf a fun and healthy activity. Go Play! <a href="http://www.fairfaxcounty.gov/parks/first-hike">www.fairfaxcounty.gov/parks/first-hike</a>		<b>GET ACTIVE at Pinecrest Golf Course</b> *Play the course without a cart and walk - nine holes and 2,462 yards of rolling terrain. *Try FootGolf! This sport is played on a golf course using a soccer ball. If you can kick a ball, you can play. Pinecrest Golf Course is the only FootGolf facility in Fairfax County! *Swing into action with the state-of-the-art Trackman 4 Golf Simulators at Pinecrest's Valis Family Golf Learning Center. More info Pinecrest Golf Course at: <a href="http://www.fairfaxcounty.gov/parks/golf/pinecrest">www.fairfaxcounty.gov/parks/golf/pinecrest</a>		



The Fairfax County Park Authority is committed to equal access in all programs and services. Special accommodations will be provided upon request. Please call the ADA/Access coordinator at least 10 working days in advance of the date services are needed.

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Saturday
<b>CYCLE Challenge</b> 7:00-7:55 AM Jo-Ellen/FS
<b>LES MILLS BODYCOMBAT</b> 8:00-8:55 AM Jennifer/DS
<b>CYCLE Challenge</b> 9:00-9:55 AM Jill/FS
<b>BODY Sculpting</b> 9:00-9:55 AM Kathy/DS
<b>P90X</b> 10:00-10:55 AM Gillian/DS
Sunday
<b>LES MILLS BODYPUMP EXPRESS 45</b> 8:45-9:30 AM Stacey/DS
<b>Ab Attack</b> 9:35-10:00 AM Stacey/DS
<b>YOGA</b> 9:00-9:55 AM Julie/CR I&II
<b>LES MILLS * BODYCOMBAT</b> 11:30-12:25 PM Harvey/DS

Audrey Moore

# RECenter

8100 Braddock Road  
Annandale, VA 22003  
703.321.7081  
703.653.7030 (fax)

[www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

These classes are included with your RECenter 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 RECenter with your questions.

For questions or comments regarding the schedule, please email the Fitness Director, Joe Vida, M.S. at [joseph.vida@fairfaxcounty.gov](mailto:joseph.vida@fairfaxcounty.gov)

## March 2020 Class Descriptions

Please wear comfortable clothing and shoes that allow movement.

### AB Attack

The fastest way to get it done is with thirty minutes of innovative abdominal and back exercises to strengthen, stabilize, and define the torso. This class is a great complement to any cardio workout.

### BARRE Techniques

Learn the secrets of a ballet body workout. 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.

### LES MILLS BODYCOMBAT

The high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness!

### LES MILLS BODYPUMP EXPRESS 45

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.

### 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.

### 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 routine.

### CYCLE Challenge

This ride is a higher intensity, longer version (55 min.) of Cycle Spin that will truly challenge your cardiovascular system and help improve endurance. The class is designed for fit individuals who want to take their spin workouts to another level.

### CYCLE Spin

This cycling class is great for all levels of fitness! The instructor will call cues for both beginning and experienced students. It's a terrific class for staying fit! Bring a water bottle and towel to class. (45 min.)

### DEEP Water Exercise

Take the plunge for a workout that is no impact. You'll use a variety of deep water exercises and deep water running techniques to get the maximum benefit from water's natural resistance.

### HI/Lo Aerobics

You will sweat, laugh, and smile your way through this energetic class with great music designed for all fitness levels. Traditional high/low aerobics will improve reaction time, agility, coordination, and cardiorespiratory function—besides all that, it's just plain FUN!

### MIX It Up

A total body conditioning workout that includes, warm-up, stretching, muscular strengthening, endurance, joint integrity, and total body toning. Dumbbells, bands, and body bars may be used. All levels welcome.

### P90X

P90X is a comprehensive program that consists of intense workouts; including resistance, bodyweight, plyometric, ab work, martial arts, stretching, and yoga training.\*High Intensity\*

### Pilates

A great beginner class that teaches fundamental concepts and basic movements of Pilates and may incorporate props. All levels welcome.

### 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. Please bring a sticky yoga mat to class.

### Zumba and Zumba Toning

Exercise your body and energize your soul in this exciting aerobics class format. Tone up as you get down with energetic Latin music, rhythms, and dance moves. Zumba Toning may use very light dumbbells as part of the class.



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