

# August Dulles South Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
EXERCISE STUDIO	Southside Bootcamp 5:15-6:15a (15 max) Brandi	Southside Bootcamp 5:15-6:15a (15 max) Brandi	Southside Bootcamp 5:15-6:15a (15 max) Brandi	Southside Bootcamp 5:15-6:15a (15 max) Caleen	Southside Bootcamp 5:15-6:15a (15 max) Brandi	Functional Strength 8:15-9:15a (12 max) Thavy	Cardio Kickboxing 9:00-9:45am (15 max) Christina	
	Southside Bootcamp 8:30-9:30a (15 max) Brandi	Strong [30] 8:00-8:30a (15 max) Mitch	Southside Bootcamp 8:30-9:30a (15 max) Brandi	Strong [30] 8:00-8:30a (15 max) Tamara	Southside Bootcamp 8:30-9:30a (15 max) Brandi	Advanced KB Krush 9:30-10:30a (15 max) Thavy (Read Description)	Strong by Zumba 10:30-11:30am Yon	
	Yogilates Express 9:40-10:10a (18 max) Adele	Strong [30] 8:35-9:05 (15 max) Mitch	POUND 10:00-10:45a (15 max) Maryanne	Strong [30] 8:35-9:05 (15 max) Tamara	Yogilates Express 9:40-10:10a (18 max) Adele	Zumba 11:30a-12:30p (20 max) Maribel	Smash 5:00-6:00pm (15 max) Maryann	
	Pilates 10:15-11:00a (18 max) Adele	Barre 9:30-10:25a (15 max) Tamara	Strong [45] 11:00a-11:45a (15 max) Tamara	Barre 9:30-10:25a (15 max) Tamara	Pilates 10:15-11:00a (18 max) Adele		 Instagram Follow us!	
	Strong [30] 11:15-11:45 (15 max) Mitch	Barre 10:35-11:30a (15 max) Tamara	Barre [45] 12:00-12:45p (15 max) Tamara	Barre 10:35-11:30a (15 max) Tamara	Strong [30] 11:15-11:45a (15 max) Mitch			@DULLESSOUTH
	Strong [30] 11:50-12:20p (15 max) Mitch	Lunchtime HIIT 12:00-12:30p (15 max) Mitch	Zumba 5:30-6:25 (20 max) Jenny C.	Lunchtime HIIT 12:00-12:30p (15 max) Mitch	Strong [30] 11:50-12:20p (15 max) Mitch			#dullessouthfit
	Lunchtime HIIT 12:30-1:00 (15 max) Mitch	Lunchtime HIIT 12:35-1:05p (15 max) Mitch	Functional Strength 6:30-7:25 (12 max) Thavy (No Class 8/7)	Lunchtime HIIT 12:35-1:05p (15 max) Mitch	Lunchtime HIIT 12:30-1:00 (15 max) Mitch		Class in Kids Gym!	
	Zumba 5:30-6:25 (20 max) Jenny C.	Southside Bootcamp 5:15-6:10 (15 max) Monica	Functional Strength 7:30-8:25p (12 max) Thavy (No Class 8/7)	Southside Bootcamp 5:15-6:10p (15 max) Monica	Bombay Jam 5:30-6:30p (18 max) Beenish			
	Functional Strength 6:30-7:25 (12 max) Thavy	Pilates 6:20-7:15p (18 max) Monica	Zumba 7:30-8:30pm Yvette	Pilates 6:20-7:15p (18 max)	Strong by Zumba 6:45-7:45p (15 max) Yon			
Functional Strength 7:30-8:25p (12 max) Thavy	Cardio Kickboxing 7:30-8:15pm (15 max) Christina		Southside Bootcamp 7:30-8:30pm Caleen					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DANCE STUDIO	Zumba 9:00-9:50a (20 max) MaryAnn	Vinyasa 8:30-9:25a (18 max) Kerri	Zumba 9:00-9:50a (20max) Maryanne	Vinyasa 8:30-9:25a(18 max) Kerri (No Class 8/1&8)	Zumba 9:00-9:50am (18 max) Kelly N.	Zumba 8:15-9:15a (20 max) James	Barre 8:45-9:45 (18 max) Trish
	Yoga Basics 1 10:00-10:55a (18 max) Kristen	Pilates 9:30-10:25a (18 max) Kerri	Yoga Basics 10:00-10:55a (18 max) Kerri	Pilates 9:30-10:25a (18 max) Kerri (No Class 8/1&8)	Yoga Basics 1 10:00-10:55a (18 max) Trish	Stretch and Strength 9:45-10:45a (18 max) Trish	Pilates 9:55-10:55a (18 max) Trish
	Vinyasa 11:00-11:55a (18 max) Kerri	Rehab/ Restore-- Stretch 10:30-11:25a (15 max) Kerri	Vinyasa 11:00-11:55a (18 max) Kerri	Rehab/ Restore-- Stretch 10:30-11:25a (15 max) Kerri	Hiit Yoga 11:00-11:55a (18 max) Trish	Abs and Assets 11:00-11:30a (18 max) Trish	Stretch and Strength 11:05-12:05p (18 max) Trish
	Rehab/Restore- Strength 12:00-12:55p (15 max) Kerri	Gentle Yoga 12:00-1:15p (18 max) Jody	Rehab/Restore-- Strength 12:00-12:55p (15 max) Kerri (No Class 8/7)	Gentle Yoga 12:00-1:15p (18 max) Jody	Vinyasa 12:00-12:55p (18 max) Kerri	Yogilates 11:35a-12:35p (18 max) Trish	
	Yoga Basics 1 4:00-5:00p (18 max) Jody	Bombay Jam 6:00-7:00pm (18 max) Beenish	Gentle Yoga 4:00-5:00p (18 max) Jody	Youth Yoga (Ages 9-11) 4:00-4:55pm (12 max) Trish	Hiit Yoga 5:30-6:30p 18 max) Trish		
	Vinyasa 5:15-6:15p (18 max) Jody	Dance Fit 7:15-8:15p (20 max) Kelly	Vinyasa 5:15-6:15p (18 max) Jody	Abs and Assets 5:00-5:30pm (18 max) Trish	Vinyasa 6:35-7:30 (18 max) Trish		
	Restorative Yoga 6:30-7:45p (18 max) Jody		Restorative Yoga 6:30-7:45p (18 max) Jody	Pound 6:15-7:00p (18 max) Maryanne			
				Dance Fit 7:15-8:15p (20 max) Kelly			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BANQUET						Cycle 8:30-9:30am (21 max) Mike	Cycle 10:00-11:00a (21 max) Christina
	Cycle 5:30-6:30p (21 max) Kati	Cycle 6:30-7:30p (21 max) Christina N	Cycle 5:30-6:30p (21 max) Kati	Cycle 6:30-7:30p (21 max) Kati (No Class 8/8 & 8/22)		Cycle 10:00-11:00am (21 max) Kati	

	Monday	Tuesday	Wednesday	Thursday	Friday
AQUA FIT	Water Fit 9:30-10:20a Stacy (No Class 8/12)	Water Fit 8:30-9:20a Kristen	Water Fit 9:30-10:20a Kristen	Water Fit 8:30-9:20a Kristen (No Class 8/8)	Water Fit 9:30-10:20a Stacy
	Water Yoga 9:30-10:20a Tracey	Strong [Water] 9:30-10:20a Kristen	Water Yoga 9:30-10:20a Tracey (No Class 8/7)	Strong [Water] 9:30-10:20a Kristen (No Class 8/8)	Arthritis Swim 9:30-10:20a Kristen (No Class 8/9)
	Water Pilates 10:30-11:20am Tracey	Water Pilates 9:30-10:20a Adele	Water Pilates 10:30-11:20am Tracey (No Cass 8/7)	Water Pilates 9:30-10:20a Adele (No Class 8/8)	Water Running 10:30-11:20a Stacy
		Water Yoga 10:30-11:20a Adele		Water Yoga 10:30-11:20a Adele (No Class 8/8)	
	Water Fit 6:00-6:50pm Tony		Water Fit 6:00-6:50pm Tony		

Help Bring parkrun  
to South Riding!

**Free 5k!**

\*No Sign Up Required\*

**Aug. 10th at 9am!**

Meet at the sidewalk  
near the Senior  
Center.

**Abs and Assets**— Put your Abs and Glutes to the test in this fiery 30 minute class. You will feel the burn and push your limits.

**Align and Awaken**— This flow class focuses on proper alignment as one smoothly transitions from pose to pose. We already live in a fast paced world, so learning to concentrate and slow down is not easy for most of us. But in focusing on alignment and breathing one can be in a space of meditation through movement. All levels welcome.

**Ashtanga**— A powerful yoga that uses breath to progressively move from one pose to another. Classes are designed to increase the body temperature, therefore improving circulation, detoxifying, and strengthening the body.

**Barre Fitness** —A total body workout that is designed to strengthen, stretch, and tone those muscles using the barre. This class will also use some light handheld weights to help to give you a more toned physique. Please bring a Yoga mat.

**Body Sculpt**— A total body and conditioning class using free weights, body bars, bands and your own body weight. Great for a beginners to advanced.

**Bombay Jam**— The ultimate dance fitness total body workout packed with authentic Bollywood flavor! It incorporates cardio and toning routines on a blend of Bollywood and American Top 40 music. The cardio routines incorporate basic, easy to follow dance fitness moves and toning segment focuses on sculpting long, lean muscles.

**Brunch Crunch**— A complete physical, mental and spiritual workout to prepare for your week ahead? Brunch Crunch Yoga Flow will focus on strengthening your core through pranayama, twists and other abdominal exercises. Emphasis given on transitions, balancing postures & breathing techniques ensure to boost your immune and digestive systems.

**Cycle**— Work on building your muscular and cardio endurance while rockin' it out to your favorite music! Sprint and Climb while navigating high intensity intervals. Challenge yourself and make it a race day!

**Cycle Remix**— The same great cycle class but in this class you will be hoping off for land based exercises in between sets.

**Dance Fit/Zumba**— A hi-lo impact dance class with Latin style. Learn Salsa, Samba, Merengue and more while getting a great workout.

**Fit Kids**— For ages 9-11, have kids experience fitness through a fun environment. They will be utilizing bodyweight, plyometric, and agility exercises. Classes run for 30 minutes! Parents do not need to be present but must pick up. Kids are not allowed to wait in the lobby.

**FitSculpt**— A fusion of ab-sculpting and total body toning. Stretch an strength head to toe. A combination of intense mat work and fun low impact cardio.

**Flow Yoga**— Flow Yoga is a gentle class that consists of sun salutations and postures that flow from one to the other. This class will focus on the moving meditation aspect of yoga, connecting our breath with our movements. This is a great class for beginners or anyone wanting a gentler yoga class.

**Functional Strength Training** — Improve your posture, eliminate chronic aches and pains, increase lean body mass and gain functional strength necessary to engage in daily activities and sports while minimizing your risk for injury. The functional strength class will teach you how to effectively strengthen your core muscles and train with free weights such as kettlebells and dumbbells, with emphasis on quality movement patterns and proper technique.

**Gentle Yoga**—“Easy does it.” This class is ideal for anyone wanting a slower paced class. We will be gently opening and strengthening the body, connecting with our breath, and calming the mind. Great way to reset yourself for the rest of the day.

**HIIT Cardio** — 30 minutes of total body interval training style workout! The spicy combo of Cardio, Strength, Stability & Stretch is a fun heart pumpin' and calorie burning class!

**Hiit Yoga**— A hard cardio routine that integrates calorie blasting plyometric moves like jump lunges into your sun salutations and beyond. It's strength training bursts broken up by lengthening, relaxing cool down style moves.

**Hip Hop Fitness**— With the combination of hip hop dance skills and fitness this class is a heart pumping good time.

**Hybrid Youth Yoga:** Before launching into the principles of yoga the kids will burn off some after school energy with some indoor/outdoor exercise. After the exercise the kids will learn how decompress and find their concentration while doing fundamental yoga movements.

**Kettlebell Krush** — *An advanced kettle bell class designed for those who have either completed the kettlebell workshop or have previous experience using kettlebells* in a squat, deadlift, press, clean, swing and Turkish get up. It is a high intensity class incorporating complexes and double bell work which will increase your metabolic, strength and power output and take your training to another level.

**Kids Zumba**— feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

**Lunchtime Flow**— will take practitioners on a journey through standing, balance, and core strengthening poses using breath to flow through class. This 45-minute class is perfect for all levels who need to fit yoga into an already busy day.

**Lunchtime HIIT**— Burn a lot of calories on your lunch break with this 30 minute high intensity class. Pro-Tip: Don't eat lunch before the class!

**Pilates**— With its focus on core muscles, Pilates improves your body's strength, posture and balance. It's a total-body conditioning workout that produces long, lean muscles while improving deep core strength, muscle control, flexibility, coordination and body tone. The deep, mindful breathing and smooth, lengthening movements of Pilates can also help you reduce stress. It is good for males or females, young and old. Please bring a Yoga mat.

**Pound**— A rocking good work out! Using drum sticks your instructor will lead you through a heart pumping session where you will tone and burn calories. Please bring a mat if possible.

**Power Yoga**— a powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class.

**Preschool Yoga**— (3yrs -5yrs) Class brings a playfulness to yoga concepts. Songs and stories will be incorporated into a traditional yoga flow that promotes coordination and mindfulness while having fun. Child must be able to be without parent.

**Rehab/Restore Strength**— Designed for practitioners of all levels who are rehabilitating from an injury. Classes offer gentle strength-based postures with individualized attention to help restore movement, stability, strength, and flexibility to joints, muscles and connective tissue.

**Rehab/Restore Stretch**— Designed for practitioners of all levels who are rehabilitating from an injury. Classes offer gentle stretching with individualized attention to help restore movement and flexibility to joints, muscles and connective tissue.

**Restorative Yoga**— A meditative yoga designed to reduce stress, calm the body and mind, and allow for total relaxation. Classes will help practitioners of all levels reduce stress, connect to the breath and restore the body.

**Smash**— Fusion of Pound, Zumba, and Kickboxing.

**Southside Bootcamp**— Join this fast paced class that is scalable to all fitness levels. The focus is on increasing strength and endurance using various training methodology.

**Strength N' Stretch:** (Ages 16 & up) Classes take place in the leisure pool. This water class includes stretching exercises and water weights to give you a low impact workout. Emphasis is on increasing flexibility and strengthening the body.

**Stretch and Strength-** A full body strength and core conditioning class utilizing a variety of exercises and exercise equipment. This class will target every muscle group while maintaining proper posture and technique followed by floor work and a complete body stretch. \*Land based class

**Strong [30]**— This 30 minute class will utilize different training methods to tone and strengthen your muscles. Every minute is utilized in this class to increase caloric burn and show results.

**Strong by Zumba**— is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. NOT A DANCE CLASS!

**Strong [Water]:** (Ages 16 & up) Have fun in this challenging 50 minute class. Your instructor will lead you through different intervals using a variety of equipment to increase your cardiovascular endurance and overall strength.

**Thrive**— Whether you are coming back from injury or new to fitness join Thrive to increase your strength, balance, conditioning and stability. This fun environment allows progressions and regressions to fit your fitness level.

**Vinyasa**— A flowing, creative, and dynamic sequence of poses that use breath to connect one pose to the next. Classes encourage practitioners of all levels to cultivate flexibility, strength, balance, and resilience.

**Water Fit:** (Ages 16 & up) Water Fit is a fun, fast-paced water class that combines cardio, core and strength all while using the waters resistance to create a low impact workout. This class is ideal for all fitness levels.

**Water Pilates:** (Ages 16 & up): Paddle Pilates! Take your favorite Pilates routines and puts them in the water. This fun class will include a series of movements which will stabilize and strengthen your core. Class will focus on sculpting long and strong muscles while also increasing flexibility and improving posture.

**Water Walking/Running Workout:** (Ages 16 & up) Looking for a safer, more comfortable alternative to walking outside? Join us in the lap lanes for Water Walking/Running! This class follows a non-impact cardio format utilizing different ways of traveling across the pool vertically. Improve your balance, coordination, and cardiovascular endurance. Tone your muscles and mind without regard to the weather outside! Bring your walking buddies!

**Water Yoga:** (Ages 16 & up) Classes take place in the leisure pool. Take your land based yoga movements into the water. This class is a relaxing mix of stretching, balance, and strength movements.

**Yin Yoga**— A meditative yoga utilizing passive poses to bring flexibility and strength to the connective tissue of the body. Poses are usually held one to five minutes, allowing practitioners of all levels to calm and restore the mind as well as the body.

**Yoga Basics 1**— Helps to build a strong foundation for your yoga practice. Classes focus on individualized attention to alignment while increasing flexibility, strength, and balance.

**Yoga Basics 2**— Continue to build on the foundations of Yoga Basics 1, while exploring more advanced options.

**Yoga Sculpt**— classes are set to energizing music and designed to tone and sculpt every major muscle group by combining plyometrics and Vinyasa-style yoga flow. Full body strengthening with body weight resistance to get your heart rate and metabolism moving. Burn some extra calories, build healthy bone density, tone up those shoulders, biceps and core, and leave feeling calm, strong, refreshed and relax!

**Yogilates**— a fusion blend of yoga, Pilates and fitness conditioning that challenges strength, balance and flexibility. Participants in this class will also increase their stamina, learn to focus their mind and tone the entire body. Each yogilates class concludes with one of a variety of relaxation techniques followed by mantra music.