

Dulles South Fitness Schedule February 2020

L	Classes suitable for all levels with modifications
E	
V	Gentle or beginner classes
E	
L	Advanced classes
S	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EXERCISE STUDIO		Southside Bootcamp 5:15-6:15am (15 max) Caleen		Southside Bootcamp 5:15-6:15am (15 max) Caleen	Southside Bootcamp 5:15-6:15am (15 max) Caleen		
	Southside Bootcamp 8:30-9:30am (15 max) Yvette	Body Sculpt Bootcamp 8:30-9:15am (15 max) Tamara	Full Body 8:30-9:30am (15 max) Amy	Body Sculpt Bootcamp 8:30-9:15am (15 max) Tamara	Southside Bootcamp 8:30-9:30am (15 max) Trish	Kettlebell Basics 8:15-9:15am (12 max) Thavy	
	Pilates 9:45-10:45am (18max) Adele	Barre 9:30-10:25am (15 max) Tamara		Barre 9:30-10:25am (15 max) Tamara	Pilates 9:45-10:45am (18 max) Adele	Kettlebell Krush 9:30-10:30am (12 max) Thavy	Cardio Kickboxing 9:00-9:45am (15 max) Christina
		Power Up Barre 10:35-11:30am (15 max) Tamara	Pound 10:00-10:45am (15 max) Maryanne	Barre 10:35-11:30am (15 max) Tamara	Strength and Sculpt 11:15-11:45am (15 max) Mitch		Strong by Zumba 10:15-11:15am (15 max) Yon
	Strength and Sculpt 11:15-11:45am (15 max) Mitch		Strength and Sculpt 11:00-11:45am (15 max) Tamara	Lunchtime HIIT 12:00-12:30pm (15 max) Mitch	Strength and Sculpt 11:50-12:20pm (15 max) Mitch	Zumba 11:30a-12:30pm (20 max) Maribel	Zumba 11:30-12:30pm (15max) Yon
	Strength and Sculpt 11:50-12:20pm (15 max) Mitch	Lunchtime HIIT 12:00-12:30pm (15 max) Mitch	Barre 12:00-12:45pm (15 max) Tamara				
	Lunchtime HIIT 12:30-1:00pm (15 max) Mitch	Lunchtime HIIT 12:35-1:05pm (15 max) Mitch		Lunchtime HIIT 12:35-1:05pm (15 max) Mitch	Lunchtime HIIT 12:30-1:00pm (15 max) Mitch		
	Zumba 5:30-6:25pm (20 max) Jenny C.	Southside Bootcamp 5:15-6:10pm (15 max) Yvette	Zumba 5:30-6:25pm (20 max) Jenny	Strong by Zumba 5:15-6:00pm (15 max) Mariam	BollyX 5:30-6:30pm (18 max) Beenish		REFIT 5:00-6:00pm (15 max) Mary-Ann
	SCore! 6:45-7:25pm (12max) Kati	Core Cardio 6:20-7:15pm (15 max) Kelly N.	SCore! 6:45-7:25pm (12max) Kati	Core Cardio 6:20-7:15pm (15 max) Kelly N.	REFIT 6:45-7:45pm (15 max) Mary-Ann		
	Kettlebell Krush 7:30-8:25pm (12 max) Thavy		Kettlebell Basics 7:30-8:25pm (12 max) Thavy	Run,Walk,Yoga-Move Into a New You for 2020 7:15-8:30pm (18 max) Trish			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DANCE STUDIO		Vinyasa 8:30-9:25am (18 max) Kerri		Vinyasa 8:30-9:25am (18 max) Kerri		Zumba 8:15-9:15am (20 max) James	
		Pilates 9:30-10:25am (18 max) Kerri	Zumba 9:00-9:50am (20 max) Maryanne	Pilates 9:30-10:25am (18 max) Kerri	Zumba 9:00-9:50am (18 max) Angela		Barre 8:45-9:45am (18 max) Trish
	Zumba 9:00-9:50am (20 max) MaryAnn	Rehab/ Restore- Stretch 10:30-11:45am (15 max) Kerri	Yoga Basics 10:00-10:55am (18 max) Kerri	Rehab/ Restore- Stretch 10:30-11:45am (15 max) Kerri	Yoga Basics 10:00-10:55am (18 max) Trish	Stretch and Strength 9:45-10:45am (18 max) Trish	Pilates 9:55-10:55am (18 max) Trish
	Vinyasa 11:00-11:55am (18 max) Kerri	Gentle Yoga 12:00-1:15pm (18 max) Jody	Vinyasa 11:00-11:55am (18 max) Kerri	Gentle Yoga 12:00-1:15pm (18 max) Jody	HIIT Yoga 11:00-11:55am (18 max) Trish	Abs and Assets 11:00-11:30am (18 max) Trish	Stretch and Strength 11:05-12:05pm (18 max) Trish
	Rehab/Restore-Strength 12:00-12:55pm (15 max) Kerri		Rehab/Restore- Strength 12:00-12:55pm (15 max) Kerri		Vinyasa 12:00-12:55pm (18 max) Kerri	Yoga Pilates Fusion 11:35a-12:35pm (18 max) Trish	
	Flow and Restore 5:30-7:00pm (18 Max) Jody	BollyX 6:00-7:00pm (18 max) Beenish	Flow and Restore 5:30-7:00pm (18 Max) Jody	Pound 6:15-7:00pm (18 max) Maryanne	HIIT Yoga 5:30-6:30pm (18 max) Trish		 Instagram #dullessouthfit
	Zumba 7:15-8:15pm (20 max) Yvette	Dance Fit 7:15-8:15pm (20 max) Kelly		Dance Fit 7:15-8:15pm (20 max) Kelly	Vinyasa 6:35-7:30pm (18 max) Trish		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BANQUET	Cycle 9:45-10:45am (21 max) Liz		Cycle Express 9:45-10:30am (21 max) Amy (No class 2/26)		Cycle 9:45-10:45am (21 max) Kati	Cycle 8:30-9:30am (21 max) Mike	Cycle 10:00-11:00am (21 max) Christina
	Cycle 5:30-6:30pm (21 max) Kati	Cycle 6:30-7:30pm (21 max) Mike	Cycle 5:30-6:30pm (21 max) Kati			Cycle 10:00-11:00am (21 max) Kati	

	Monday	Tuesday	Wednesday	Thursday	Friday	
AQUA	Water Fit 9:30-10:20am Stacy	Strong [Water] 9:30-10:20am Stacy	Water Fit 9:30-10:20am Kristen	Water Fit 8:30-9:20am Kristen	Water Fit 9:30-10:20am Stacy	Classes held in the Competition Pool
	Water Yoga/Pilates 11:00-11:50am Adele	Water Yoga 9:30-10:20am Tracey	Water Yoga 9:30-10:20am Tracey	Strong [Water] 9:30-10:20am Kristen	Arthritis Swim 9:30-10:20am Kristen	
		Water Pilates 10:30-11:20am Tracey	Water Pilates 10:30-11:20am Tracey	Water Pilates 9:30-10:20am Tracey	Water Walking/Running 10:30-11:20am Stacy	Classes held in the Leisure Pool
				Water Yoga 10:30-11:20am Tracey		
		Water Fit 6:00-6:50pm Tony		Water Fit 6:00-6:50pm Tony		



Cardio, Strength, and Dance

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. 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 beginner to advanced.

BollyX—A dance party driven by the heart pumping rhythms of Bollywood. Dynamic choreography mixed with HIIT, burning up to 800 calories.

Cardio Kickboxing - Combines martial arts techniques with fast-paced cardio. This high energy workout helps build stamina, improve coordination, and burn calories!

Core Cardio— Strengthen your heart and you r. core. This class incorporates exercises that will get your heart rate up to burn calories and exercises that will strengthen your core muscles.

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!

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

Full Body- Full Body incorporates exercises to engage upper and lower body, as well as core. Working cardio, strength and balance, this class will give you a Full Body workout. This class is perfect for any fitness level !

Kettlebell Basics (all levels) - This is a kettlebell centered class aimed to improve your posture, mobility, core stability and functional strength necessary to perform daily activities and engage in sports while minimizing your risk for injury. You will learn fundamental movement patterns and kettlebell skills such as squat, deadlift, clean and military press with emphasis on proper form and technique.

Kettlebell Krush (Advanced)— This is an advanced, fast paced kettlebell class designed for those with previous experience working with kettlebells and are ready to progress to ballistic movements and complexes. Please be advised that students are expected to know all the following skills as they are not taught in this class: squat, deadlift, clean, press, swing and get up,

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!

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.

Power Up Barre -Barre exercises on or off the barre with low or high cardio moves to improve your endurance. Ab exercises will also be done on the mat or at the barre.

REFIT— a "movement plus music " experience that adds resistance - training elements to give you a total body workout. Approximately 600-800 calories are burned within a 1 hour workout. Easy to learn movements, inspiring music & a family-friendly environment for everybody!

Run, Walk, Yoga...Move into a New You for 2020– Whether you are a novice runner/jogger, seasoned marathoner, walker extraordinaire, or just want a new way to workout, this class is for you. We will be meeting on the track and MOVING at your own pace for 50 minutes, on your own or buddy up! The end of the class is dedicated to stretching with yoga poses focusing on large muscles groups used to run/walk. Be part of a running group that will help you take on 2020 with a new mindset, new community of runners/walkers, and a healthier YOU !!

SCore!— This 40minute class is designed to strengthen core muscles including abs, glutes, and back through a variety of dynamic and isometric exercises set to fun music. It will culminate in 10 minutes of restorative stretching to improve flexibility and help prevent injury.

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 methodologies.

Stretch and Strength—A full body strength and core conditioning class utilizing a variety of exercises and equipment. This class will begin with targeting every muscle group while maintaining proper posture and technique, followed by floor work, and a complete body stretch. Please bring a Yoga mat.

Strength and Sculpt— This dynamic 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—A revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. NOT A DANCE CLASS!

Zumba—A dance party with high-tempo music and the latest dance moves from Salsa, Samba, Merengue and hip-

Mind and Body

Barre—A total body workout that is designed to strengthen, stretch, and tone 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.

Flow and Restore—A fusion of Vinyasa and Restorative yoga, resulting in a practice that will leave you both peaceful and renewed. This class begins with an easeful flow to unwind the body and ends with a quiet restorative sequence with a deliciously long savasana. Whether you are recharging for the week ahead or looking for a mid-week break, you do not want to miss this class!

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. Please bring a Yoga mat.

HIIT Yoga— A hard cardio routine that integrates calorie blasting plyometric moves like jump lunges into yoga-type stretches. This is strength training bursts broken up by lengthening, relaxing cool-down style moves. Please bring a Yoga mat.

Pilates—Through its focus on deep core strengthening, Pilates can help to improve posture, core strength, and balance. Great for beginner through advanced. Please bring a Yoga mat.

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

Rehab/Restore Stretch— Designed for practitioners of all levels who are rehabilitating from an injury or have chronic pain. Classes offer gentle stretching with individualized attention to help restore movement and flexibility to joints, muscles and connective tissue. Please bring a Yoga mat.

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. Please bring a Yoga mat.

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

Yoga Pilates Fusion—A fusion blend of yoga, Pilates and fitness conditioning in a full-body workout that challenges strength, balance and flexibility while increasing stamina and focus. Please bring a Yoga mat.

Aquatics

Arthritis Swim—Uses exercises approved by the Arthritis Foundation including walking, gentle stretching, flexing, extension and range-of-motion to increase quality of life. Join us in the shallow water of the Leisure Pool.

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.

Water Fit—This is a fun, fast-paced water class that combines cardio, core, and strength all while using the water's resistance to create a low impact all-levels workout in the Competition Pool.

Water Pilates— Pilates in the Leisure Pool! Your favorite Pilates routines in the water. This class will include a series of movements which will stabilize and strengthen your core to sculpt long, strong muscles while also increasing flexibility and improving posture.

Water Walking/Running—Looking for a safer, more comfortable alternative to walking outside? Join us in the Competition Pool for 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 walk-