

# DULLES SOUTH GROUP FITNESS SCHEDULE



**Classes start 6/29!**

**\*PREREGISTRATION IS REQUIRED FOR ALL CLASSES, NO DROP INS\***

**REGISTER AT USING NUMBER BELOW AT WWW.LOUDOUN.GOV/WEBTRAC OR BY CALLING (571) 258-3456**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<b>YOGA CLASSES IN GROUP EX ROOM</b>  <b>ALL OTHERS IN BASKETBALL COURT</b>	BODY SCULPT BOOTCAMP #405564-01 8:35-9:30AM (10MAX) TAMARA	POWER UP BARRE #405569-01 8:35-9:30AM (10MAX) TAMARA	BODY SCULPT BOOTCAMP #405564-02 8:35-9:30AM (10MAX) TAMARA	CYCLE AND STRENGTH #405574-01 8:35-9:30AM (10MAX) VICTORIA	CYCLE #405568-02 10:20-11:15AM (10MAX) MIKE	STRONG NATION #405565-04 10:20-11:15AM (10MAX) YON
YOGA BASICS #405561-01 11:05-12:00PM (10MAX) KRISTEN	STRONG NATION #405565-01 9:50-10:45AM (10MAX) ANGELA	GENTLE YOGA #405570-01 11:05-12:00PM (10MAX) JODY	CORE CARDIO #405567-02 11:05-12:00PM (10MAX) KELLY N.	ZUMBA #405563-04 9:50-10:45AM (10MAX) ANGELA	ZUMBA #405563-05 11:35-12:30PM (10MAX) JAMES	
HATHA YOGA #405562-01 5:05-6:00PM (10MAX) JODY				GENTLE YOGA #405570-02 11:05-12:00PM (10MAX) KRISTEN		
ZUMBA #405563-01 6:20-7:15PM (10MAX) JENNY	CYCLE #405568-01 6:20-7:15PM (10MAX) MIKE	ZUMBA #405563-02 5:05-6:00PM (10MAX) JENNY	ZUMBA #405563-03 6:20-7:15PM (10MAX) CHIHARU	STRONG NATION #405565-03 6:20-7:15PM (10MAX) MARIAM	<b>*NO CLASSES FOURTH OF JULY*</b> V.6.24.20	<b>FOLLOW US ON FACEBOOK FOR CLASS UPDATES</b>

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
AQUATIC CLASSES start JULY 6th!	WATERFIT 8:30am-9:15am (10MAX) STACY ACTIVITY#	WATERFIT 8:30am-9:15am (10MAX) ANDREA ACTIVITY#	WATERFIT 8:30am-9:15am (10MAX) KRISTEN- ACTIVITY#	WATERFIT 8:30am-9:15am (10MAX) ANDREA ACTIVITY#	WATERFIT 8:30am-9:15am (10MAX) ANDREA ACTIVITY#		ALL AQUATIC CLASSES HELD IN THE COMPETITION POOL

**\*Members have the ability to schedule a group exercise class 7 days in advance of a class date**

**Non-members have the ability to schedule a group exercise class 4 days in advance of a class date**

ADA—Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you require a reasonable accommodation for any type of disability in order to participate, please call 571-258-3456. Three days advance notice is requested.

Dulles South Recreation and Community Center, 24950 Riding Center Drive, South Riding, VA 20152

(571)258-3456

**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.

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

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

**Cardio Fusion**— A hard cardio routine that integrates calorie blasting plyometric moves , muscle building strength moves, and even yoga-type stretches.

**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.

**Cycle and Strength**— A cross training cycle class that includes 25 minutes of cycle to get your heart rate up, and finish it off with a total body strength training session.

**Kettlebells**- Kettlebells are used for functional workouts that combine strength training, cardiovascular fitness, flexibility, and balance. Kettlebells are not only great for overall fitness, they work the core and improve movement quality.

**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.

**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 matt or at the barre.

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

**Tabata**—Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval. The most effective way to burn calories !

**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.

**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.

**Hatha Yoga**-Hatha Yoga consists of the classic sun salutation, held postures, breathing practices, meditation, and a guided deep relaxation. You will learn how to balance effort and ease allowing you to discover the optimal flow of energy to achieve greater flexibility, strength, poise, and mental focus. Students are encouraged to explore each posture at their own pace without strain or judgment, always honoring the body. This class is designed for all levels. 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.

**Yin Yoga** -Yin Yoga is a slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with asanas (postures) that are held for longer periods of time than in other styles.

**Yoga** —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.

**BollyX**—A dance party driven by the heart pumping rhythms of Bollywood. Dynamic choreography mixed with HIIT.

**Zumba**—A dance party with high-tempo music and the latest dance moves from Salsa, Samba, Merengue and hip-hop, this class is guaranteed to whip you into shape and energize your day.

## AQUATICS

**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.