

NOVEMBER GROUP FITNESS

@ CLAUDE MOORE RECREATION & COMMUNITY CENTER

MONDAY

8:30am-9:30am	Yin Yoga w/ Sue in Multi-Purpose Room	973562
10:00am-11:00am	Gentle, Low Impact w/ Jenny in Upstairs Studio	973551
11:30am-12:30pm	LIFT w/ Jenny on Fitness Floor	973552
5:30pm-6:15pm	Barre w/ Caitlin in Upstairs Studio	973558
6:00pm-7:15pm	Hatha Yoga w/ Sue in Multi-Purpose Room	973555

TUESDAY

7:15am-8:00am	Barre w/ Caitlin in Upstairs Studio	973558
8:30am-9:30am	Hatha Yoga w/ Sue in Multi-Purpose Room	973555
6:00pm-7:00pm	Zumba w/ Kelly in Upstairs Studio	973566

WEDNESDAY

8:30am-9:30am	Yin Yoga w/ Sue in Multi-Purpose Room	973562
10:00am-11:00am	Gentle, Low Impact w/ Jenny in Upstairs Studio	973551
11:30am-12:30pm	LIFT w/ Jenny on Fitness Floor	973552

THURSDAY

8:30am-9:30am	Hatha Yoga w/ Sue in Multi-Purpose Room	973555
5:30pm-6:15pm	Barre w/ Caitlin in Upstairs Studio	973558
6:15pm-7:15pm	Zumba w/ Kelly in Upstairs Studio	973566

FRIDAY

7:15am-8:00am	Barre w/ Caitlin in Upstairs Studio	973558
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Kid Kare now open! This drop-in child care service is available for six and twelve month passholders to use the fitness area or attend a fitness class at CMRCC! Kid Kare welcomes children ages 12 months to 11 years. is open Monday-Friday 8:30am-1:30pm and Saturday 8:00am-12:00pm. The cost is \$4 per child per visit.

***There will be no classes Thursday, 11/25; The center will be open 5am-12pm on that day.**

Barre—A mix of elements from Pilates, yoga, and dance where moves are choreographed to music. In each energizing and targeted workout, you'll use the barre and exercise equipment to sculpt, slim and stretch your entire body

Gentle, Low Impact—Focused on strength and mobility for those looking for a gentler workout routine.

Hatha Yoga—Traditional practice designed to restore the body and mind to a balanced state through a series of poses sequenced to detox the system and move energy through the body based on the science of yoga

LIFT—Offered as a drop-in class for a limited time! Low Impact Fitness Training (LIFT) will be offered in the setting of a small-group training on the fitness floor. Join us to add low impact exercises to your regular fitness routine!

Yin Yoga—Beautiful meditative practice designed to open fascia and joints by sitting quietly in poses 3 to 5 minutes.

Zumba—A total workout combining all the elements of fitness, cardio, muscular endurance, balance and boosted energy with a serious dose of awesome every time you come to class.



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 571-258-3600. One week advance notice is requested.