

NOVEMBER DULLES SOUTH GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba 9:00-10:00am #105500-01/Kelly N. Max 16/Group Ex Room	South Side Boot Camp 5:05-6:00am #105506-01/Caleen Max 16/Group Ex Room	REFIT 9:00-10:00am #105510-01/Mary-Ann Max 16/Group Ex Room	South Side Boot Camp 5:05-6:00am #105506-02/Caleen Max 16/Group Ex Room	Cycle 8:30-9:30am #105504-05/Kati Max 14/Group Ex Room	Hatha Morning Flow 8:05-9:00am #105517-01/Sharlene Max 16/ Dance Room	Strong Heart Slow Flow 8:05-9:00am #105518-01/Sharlene Max 16/Group Ex Room
Water Fit 9:30-10:30am #105526-01 /Andrea Max 24/ Comp Pool	Body Sculpt 9:00-10:00am #105507-01/Tamara Max 16/Group Ex Room	Water Fit 9:30-10:30am #105526-03 /Kristen Max 24/ Comp Pool	Body Sculpt 9:00-10:00am #105507-02/Tamara Max 16/Group Ex Room	Water Fit 9:30-10:30am #105526-05/Andrea Max 24/ Leisure Pool	Pound w/ Ripstix 9:15-10:15am #105512-03 /Cara Max 16/ Dance Room	Strong Nation 9:15-10:15am #105508-03/Yon Max 16/ Dance Room
Aqua Deep 11:00-11:45am #105513-01/Andrea Max 18/ Comp Pool	Water Fit 9:30-10:30am #105526-02 /Andrea Max 24/ Comp Pool		Water Fit 9:30-10:30am #105526-04 /Andrea Max 24/ Comp Pool	Zumba 10:00-11:00am #105500-04 /Kelly N. Max 16/Group Ex Room	Cycle 9:15-10:15am #105504-06 /Mike Max 14/Group Ex Room	Zumba 10:30-11:30am #105500-05/Yon Max 16/ Dance Room
Strength Express 11:00-11:45am #105502-01/Mitch Max 16/Group Ex Room	Barre 10:15-11:15am #105519-01/Tamara Max 16/Group Ex Room	Gentle Yoga 11:30-12:30pm #105511-01/Jody Max 16/ Dance Room	Heart-Core Barre 10:15-11:15am #105527-01/Rachel Max 16/Group Ex Room	Strength Express 11:00-11:45am #105502-02/Mitch Max 16/Group Ex Room	Aerobic Rhythm 10:45-11:45am #105514-02/Jenna Max 16/Group Ex Room	DULLES SOUTH GROUP EXERCISE SCHEDULE EFFECTIVE 11/01/21-11/30/21
Hiit Express 12:00-1:00pm #105503-01/Mitch Max 16 /Basketball CT	Aqua Yoga/Pilates 11:00-12:00pm #105520-01/Tracey Max 18/ Leisure Pool	Hiit Express 12:00-1:00pm #105503-02/Mitch Max 16 /Basketball CT	Aqua Yoga/Pilates 11:00-12:00pm #105520-02/Tracey Max 18/ Leisure Pool	Gentle Yoga 11:30-12:30pm #105511-02/Jody Max 16/ Dance Room	Thanksgiving November 25th Facility Hours 5:00am-12:00pm No Fitness Classes	
Cycle 4:45-5:45pm #105504-01/Kati Max 14/Group Ex Room	GLOW 1:30-2:30pm #105528-01/Jenny Max 16/Group Ex Room		GLOW 1:30-2:30pm #105528-02/Jenny Max 16/Group Ex Room	Hiit Express 12:00-1:00pm #105503-03/Mitch Max 16 /Basketball CT		
Hatha Yoga 4:45-6:00pm #105505-01/Jody Max 16/ Dance Room	Total Body Party 4:45-5:45pm #105508-04/Kati Max 16/Group Ex Room	Cycle 4:45-5:45pm #105504-03/Christina Max 14/Group Ex Room	Cycle 4:45-5:45pm #105504-04/Victoria Max 14/Group Ex Room	Hirt Express 4:15-5:00pm #105524-01/Mitch Max 16 /Group Ex Room		
REFIT 6:00-7:00pm #105510-02/Mary-Ann Max 16/Group Ex Room	Cycle 6:15-7:15pm #105504-02/Mike Max 14/Group Ex Room	Aerobic Rhythm 6:00-7:00pm #105514-01/Jenna Max 16/Group Ex Room	Zumba 6:00-7:00pm #105500-03/Chiharu Max 16/Group Ex Room	Strong Nation 6:00-7:00pm #105508-02/Mariam Max 16/ Dance Room		
Zumba 6:15-7:15pm #105500-02/Mariam Max 16/ Dance Room	Dance Fit 7:15-8:15pm #105509-01/Kelly H. Max 16/ Dance Room	Pound w/Ripstix 7:15-8:15pm #105512-01/Cara Max 16/ Group Ex Room	Vinyasa Yoga 7:15-8:15pm #105516-01/Katerina Max 16/Group Ex Room	Sunset Flow 6:00-7:00pm #105515-01 /Sharlene Max 16/Group Ex Room		



NOW OPEN!

Dulles South Kid Kare

Call for more details (571) 258-3456

CARDIO, CORE, & STRENGTH

Aerobic Rhythm—Aerobic exercise choreographed to the music. This workout will give you a full body cardio workout.

Barre—Get a strong, lean body by mixing cardio and ballet. Barre is an upbeat workout with amazing results. A class that's suitable for all levels and experience.

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

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. All cycling classes are beginner friendly.

GLOW—(Gentle Low Impact) This low-impact strength training and cardio class uses exercises that are gentle on your joints and tendons. No matter your fitness level or abilities, you will discover the benefits low impact training.

Heart-Core Barre—Tame stress and condition your heart, body and mind. A barre fusion class. Ballet-inspired movements combined with elements of yoga, pilates, and cardio fitness deliver a full-body workout.

Pound with Ripstix—Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

REFIT—Movement plus music experience that adds resistance training elements to give you a total body workout. Easy to learn movements, inspiring music and a calorie burning workout for all levels.

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

Strong Nation—A high-intensity workout choreographed with music to motivate you and help you crush your ultimate fitness goals.

MIND & BODY

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 Morning Flow—An energizing flow to start your weekend. This class is appropriate for all levels. 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.

Strong Heart Slow Flow—A strong heart is a peaceful heart. Ease into your day with this moving meditation designed to soothe your mind and heart, and stretch and strengthen your body. Suitable for all levels, this class will leave you feeling calm and focused, and ready to start your week. Please bring a Yoga mat.

Sunset Flow—Unwind and put aside the tensions of the day with this relaxing flow suitable for all levels. You will leave feeling focused and relaxed.

DANCE

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

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

INTERVALS

Hiit Express—Want big results in a short amount of time? Burn calories and get fit with this high intensity interval class.

Hirt Express—High Intensity Resistance Training. Want all the benefits of interval training but looking to build muscle? Hirt training puts the best of cardio and resistance training together.

Strength Express—This 45 minute class focuses on muscular strength and endurance. Create lean muscle that will increase your metabolism and shape your body.

Schedule/class format is subject to change. If a sub is needed, all efforts are made to provide a class that reflects the posted format. At times this is not possible, or a class must be cancelled.

No entry into class after ten minutes past the start time of class.

All classes for Ages 16 and up. Classes are suitable for all levels, unless otherwise noted.

AQUATICS

Aqua Deep—Make a splash in the deep water of our pool. A workout that is low impact for your body, but makes a big impact on your fitness goals. Class is for all levels and flotation is provided.

Aqua Yoga/Pilates—Find mindfulness in the perfect waters of the leisure pool. Yoga and Pilates movements to strengthen the body and mind. Class is suitable for all levels.

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.

*Six month and Annual passholders may register for classes starting at 6am the day before, and up until two hours before class start time. Anyone without a registration must receive a CEC card to enter class. CEC cards will be available at the front desk 30 minutes before the start time of class. SS.