

DECEMBER GROUP FITNESS

@ CLAUDE MOORE RECREATION & COMMUNITY CENTER

MONDAY

8:30am-9:30am Yin Yoga w/ Sue in Multi-Purpose Room

10:00am-11:00am Gentle, Low Impact w/ Jenny in Upstairs Studio

11:30am-12:30pm LIFT w/ Jenny on Fitness Floor

5:30pm-6:15pm Barre w/ Caitlin in Upstairs Studio

6:00pm-7:15pm Hatha Yoga w/ Sue in Multi-Purpose Room

TUESDAY

7:30am-8:15am Barre w/ Caitlin in Upstairs Studio

8:30am-9:30am Hatha Yoga w/ Sue in Multi-Purpose Room

10:00am-11:00am H2O Fit w/ April in Leisure Pool

6:00pm-7:00pm Zumba w/ Kelly in Upstairs Studio

WEDNESDAY

8:30am-9:30am Yin Yoga w/ Sue in Multi-Purpose Room

10:00am-11:00am Gentle, Low Impact w/ Jenny in Upstairs Studio

11:30am-12:30pm LIFT w/ Jenny on Fitness Floor

5:00pm-6:00pm POUND w/ Kat in Upstairs Studio

THURSDAY

8:30am-9:30am Hatha Yoga w/ Sue in Multi-Purpose Room

10:00-11:00am H2O Fit w/ April in Leisure Pool

5:30pm-6:15pm Barre w/ Caitlin in Upstairs Studio

6:15pm-7:15pm Zumba w/ Kelly in Upstairs Studio

FRIDAY

7:30am-8:15am Barre w/ Caitlin in Upstairs Studio



Kid Kare is 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. Hours are from Monday-Friday 8:30am-1:30pm & Saturday 8am-12pm. Cost is \$4 per child per visit.

Holiday Hours: Closing at Noon on Christmas Eve, 12/24 | Closed on Christmas Day, 12/25
Closing at 6:00pm on New Year's Eve, 12/31 | Open 11:00am-6:00pm on New Year's Day, 1/1

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.

H2O Fit- Low impact but High Intensity fun in the pool. This class combines cardio and strength training and is designed to improve joint stability and coordination.

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!

POUND—A full-body workout designed for all fitness levels, combining cardio, conditioning, and strength training with pilates-inspired movements. Use lightly weighted drumsticks (Ripstix) to drum and let loose to the beat of fun and engaging music. This is a high-energy class that will Rockout Your Workout!

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.