

# DECEMBER DULLES SOUTH GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba 9:00-10:00am Kelly N. Max 16/Group Ex Room	South Side Boot Camp 5:05-6:00am Caleen Max 16/Group Ex Room	REFIT 9:00-10:00am Mary-Ann Max 16/Group Ex Room	South Side Boot Camp 5:05-6:00am Caleen Max 16/Group Ex Room	Kickboxing 8:30-9:30am Rachel Max 14/Group Ex Room	Hatha Morning Flow 8:05-9:00am Sharlene Max 16/ <b>Dance Room</b>	Strong Heart Slow Flow 9:00-10:00am Sharlene Max 16/ <b>Dance Room</b>
Water Fit 9:30-10:30am Andrea Max 24/ <b>Comp Pool</b>	Body Sculpt 9:00-10:00am Tamara Max 16/Group Ex Room	Water Fit 9:30-10:30am Kristen Max 24/ <b>Comp Pool</b>	Body Sculpt 9:00-10:00am Tamara Max 16/Group Ex Room	Water Fit 9:30-10:30am Andrea Max 24/ <b>Leisure Pool</b>	Pound w/ Ripstix 9:15-10:15am Cara Max 16/ <b>Dance Room</b>	Strong Nation 9:15-10:15am Yon Max 25/ <b>Basketball CT</b>
Aqua Deep 11:00-11:45am Andrea Max 18/ <b>Comp Pool</b>	Water Fit 9:30-10:30am Andrea Max 24/ <b>Comp Pool</b>		Water Fit 9:30-10:30am Andrea Max 24/ <b>Comp Pool</b>	Zumba 10:00-11:00am Kelly N. Max 16/Group Ex Room	Cycle 9:15-10:15am Mike Max 14/Group Ex Room	Zumba 10:30-11:30am Yon Max 25/ <b>Basketball CT</b>
Strength Express 11:00-11:45am Mitch Max 16/Group Ex Room	Barre 10:15-11:15am Tamara Max 16/Group Ex Room	Gentle Yoga 11:30-12:30pm Jody Max 16/ <b>Dance Room</b>	Heart-Core Barre 10:15-11:15am Rachel Max 16/Group Ex Room	Strength Express 11:00-11:45am Mitch Max 16/Group Ex Room	Aerobic Rhythm 10:45-11:45am Jenna Max 16/Group Ex Room	<b>DULLES SOUTH GROUP EXERCISE SCHEDULE EFFECTIVE 12/01/21-12/31/21</b>
Hiit Express 12:00-1:00pm Mitch Max 16 / <b>Basketball CT</b>	Aqua Yoga/Pilates 11:00-12:00pm Tracey Max 18/ <b>Leisure Pool</b>	Hiit Express 12:00-1:00pm Mitch Max 16 / <b>Basketball CT</b>	Aqua Yoga/Pilates 11:00-12:00pm Tracey Max 18/ <b>Leisure Pool</b>	Gentle Yoga 11:30-12:30pm Jody Max 16/ <b>Dance Room</b>	 <p><b>HOLIDAY HOURS OF OPERATION: DECEMBER 24TH 5:00AM-12:00PM NO FITNESS CLASSES</b></p> <p><b>DECEMBER 25TH CLOSED</b></p> <p><b>DECEMBER 31ST 5:00AM-6:00PM NO FITNESS CLASSES</b></p> <p><b>All class participants will be required to receive a class entrance card to participate in Fitness classes. There will be no pre-registrations.</b></p> <p><b>Class entrance cards can be obtained at the front desk thirty minutes before the start time of class.</b></p>	
Cycle 4:45-5:45pm Kati Max 14/Group Ex Room	GLOW 1:30-2:30pm Jenny Max 16/Group Ex Room		GLOW 1:30-2:30pm Jenny Max 16/Group Ex Room	Hiit Express 12:00-1:00pm Mitch Max 16 / <b>Basketball CT</b>		
Hatha Yoga 4:45-6:00pm Jody Max 16/ <b>Dance Room</b>	Muscle Max 4:45-5:45pm / Melissa Max 16/Group Ex Room <b>*Starts 12/14</b>	Cycle 4:45-5:45pm Christina Max 14/Group Ex Room	Cycle 4:45-5:45pm Victoria Max 14/Group Ex Room	Hirt Express 4:15-5:00pm Mitch Max 16 /Group Ex Room		
REFIT 6:00-7:00pm Mary-Ann Max 16/Group Ex Room	Cycle 6:15-7:15pm Mike Max 14/Group Ex Room	Aerobic Rhythm 6:00-7:00pm Jenna Max 16/Group Ex Room	Zumba 6:00-7:00pm Chiharu Max 16/Group Ex Room	Strong Nation 6:00-7:00pm Mariam Max 16/ <b>Dance Room</b>		
Zumba 6:15-7:15pm Mariam Max 16/ <b>Dance Room</b>	Dance Fit 7:15-8:15pm Kelly H. Max 16/ <b>Dance Room</b>	Pound w/Ripstix 7:15-8:15pm Cara Max 16/ Group Ex Room	Vinyasa Yoga 7:15-8:15pm Katerina Max 16/Group Ex Room	Sunset Flow 6:00-7:00pm Sharlene Max 16/Group Ex Room		



## 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.

Kickboxing—Increase stamina, improve coordination and flexibility, plus build muscle with this fun all-levels workout that combines martial arts techniques with cardio.

Muscle Max—Get strong with lean muscle. Leave no muscle unworked in this strength based class that will shape your body. Suitable for all levels.

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.

## 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 and energize your day.

## 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. Please bring a mat.

## 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.

## 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.

All class participants will be required to receive a class entrance card to participate in Fitness classes. There will be no pre-registrations.

Class entrance cards can be obtained at the front desk thirty minutes before the start time of class.

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.