

May 2024

CLAUDE MOORE GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit Factory 6:30-7:15am Dan Fitness Floor		Fit Factory 6:30-7:15am Dan Fitness Floor		Fit Factory 6:30-7:15am Dan Fitness Floor		
Yin Yoga 8:30-9:30am Sue MPR	Hatha Yoga 8:30-9:30am Sue Upstairs Studio	Yin Yoga 8:30-9:30am Sue MPR/Upstairs Studio	Hatha Yoga 8:30-9:30am Sue Upstairs Studio	Barre 7:00-7:45am Caitlin Upstairs Studio	Power Up 60 9:00-10:00am Dan Fitness Floor	Qigong for Health 10:00-11:00am Steve Upstairs Studio
GLO 10:00-11:00am Katie Gym A Side	H2O Fit 10:00-11:00am Dan Leisure Pool	GLO 10:00-11:00am Katie Gym A Side	Cardio Strength 9:45-10:30am Kekee Fitness Floor	ABSoGLUTely 9:00-9:45am Kekee Fitness Floor	Pilates Fusion 10:15-11:15am Olga Upstairs Studio	Circuit Fusion 11:00-11:45am Kekee Fitness Floor (Cancelled 5/26)
Body by Kekee 10:00-11:00am Kekee Upstairs Studio		Body by Kekee 10:00-11:00am Kekee Upstairs Studio	H2O Fit 10:00-11:00am Dan Leisure Pool	Vinyasa Yoga 9:30-10:30am Elke Upstairs Studio	Cardio Strength 11:00-11:45am Kekee Fitness Floor (Cancelled 5/25)	
Deep Water Splash 11:30-12:30pm Katie Competition Pool	Tai Chi Qigong 11:15-12:15pm Steve Upstairs Studio	Deep Water Splash 11:30-12:30pm Katie Competition Pool	Tai Chi Qigong 11:15-12:15pm Steve Upstairs Studio	Chair Yoga 10:45-11:30am Elke Mind Body Room		
Barre 5:30-6:30pm Caitlin Upstairs Studio	Fit Factory 11:15-12:00pm Dan Fitness Floor	Chair Yoga 1:00-1:45pm Elke Mind Body Room	Fit Factory 11:15-12:00pm Dan Fitness Floor		<p>Group Fitness classes are accessible to ages 16+ with the purchase of daily admission or pass.</p> <p>Please stop at the front desk for a Class Entry Card prior to the class's start time to be given to the class instructor at the beginning of class.</p> <hr/> <p>KID KARE</p> <p>Now available to all paid visitors \$4 per child per visit or FREE for 6- and 12-month passholders Monday-Friday: 8:30am-1:30pm Saturday 8:00am-12:00pm <i>*Kids can attend 2 hours max per day*</i></p> <hr/> <p>Spring Pass Sale May 13- June 10 15% Off 6- & 12-month Passes</p> <hr/> <p>Facility Holiday Hours May 27 11:00am - 6:00pm <i>No classes on Memorial Day, May 27</i></p> <hr/> <p>ANNUAL SHUTDOWN Facility Closed May 28 - June 9</p>	
Hatha Yoga 6:00-7:15pm Sue MPR						
Circuit Fusion 6:15-7:00pm Kekee Fitness Floor	Pilates Fusion 5:30-6:30pm Olga Upstairs Studio	Cardio Kickboxing 5:30-6:30pm Shannon Upstairs Studio	POUND 5:00-6:00pm Kat Upstairs Studio	Bootcamp 5:15-6:00pm Kekee Upstairs Studio		
Xtreme Hip-Hop Step 6:45-7:45pm Marijia Upstairs Studio	Vinyasa Yoga 6:45-7:45pm Elke Upstairs Studio	Belly Bliss 6:45-7:45pm Olga Upstairs Studio	Zumba 6:15-7:15pm Shannon Upstairs Studio			
Zumba 7:30-8:30pm Ivette <i>*Aux Gym* NEW TIME!!</i>	Warrior Workout 6:45-7:30pm Kekee Fitness Floor	Xtreme Hip-Hop Step 6:45-7:45pm Marijia/Ivory <i>*Aux Gym*</i>				



LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact adaptrec@loudoun.gov, 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.

Classes are suitable for all levels

ABsoGLUTELY - Shape, sculpt, strengthen your glutes, abdominals, thighs, and core muscles in this focused and energizing workout. (Max Capacity on the Fitness Floor 12)

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. (Max Capacity 15)

Belly Bliss - This total body workout combines the movements of belly dancing with strength training, cardio, flexibility, balance, and core conditioning. Boost your health, improve your posture and have fun. (Max Capacity 12)

Body by Keekee - A mix of yoga, strength and interval training will have you feeling great! Create lean muscle and increase your metabolism with this total body workout. (Max Capacity 16)

Boot Camp - This circuit training class will have you rotate through stations to work on muscle strength, endurance, cardio and core. Great for all levels. (Max Capacity 10)

Cardio Kickboxing - A high-energy, full body cardiovascular workout that blends boxing, martial arts techniques, and basic calisthenics to leave you sweating and feeling amazing! (Max Capacity 12)

Cardio Strength - A challenging mix of cardio machines with strength training and core work to give you the ultimate all in one workout! (Max Capacity on the Fitness Floor 12)

Chair Yoga - An adaptive Yoga practice that allows you to stay seated for the majority of poses. Performing movements in the seated positions enhances mobility, balance and allows for an improved range of motion. This class is best suited for seniors and beginners. (Max Capacity 10)

Circuit Fusion - This 45-minute circuit training class will help you increase your lean muscle, shape your body and increase your metabolism. (Max Capacity on the Fitness Floor 12)

Deep Water Splash - Add gentle no-impact cardio and resistance training to your fitness routine in the deep end of the competition pool. Deep water flotation belts and all other equipment will be provided. Participants must be able to swim. (Max Capacity 18)

Fit Factory - Get in and get out with this 45-minute strength training and power packed HIIT session on the Fitness Floor. This is a dynamic full-body workout making use of kettlebells, free weights, resistance bands, plyometrics, and loads of body weight exercises. This program is designed to be fun and challenging for a broad range of fitness levels. (Max Capacity 12)

Gentle, Low Impact (GLO) - Focused on strength and mobility for those looking for a gentler workout routine. (Max Capacity 35)

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. (Max Capacity 22)

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. (Max Capacity 14)

Pound - A full-body workout 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 Rock out Your Workout! (Max Capacity 14)

Pilates Fusion - Get ready to improve mobility, flexibility and core strength. Tone your physique and enhance the mind-body connection with a wide variety of calisthenics and resistance exercises to improve posture, balance, and stamina. (Max Capacity 12)

Power Up 60 - Build, sculpt and tone your body with a high energy mix of resistance and interval training. Power Up 60 classes are led by certified personal trainers. Learn safe, effective techniques and form to optimize your training. (Max Capacity on the Fitness Floor 16)

Qigong for Health - Start your Sunday with standing, stretching, breathing, and meditation. (Max Capacity 10)

Tai Chi / Qigong - A practice of slow gentle movements and physical postures aiming to strengthen the whole body as well as the mind, body connection. (Max Capacity 10)

Vinyasa Yoga - Find your flow by stringing together relaxing and rejuvenating yoga poses. Power meets peace, in learning to sync breath and movement. This practice is very fluid and suitable for all levels. (Max Capacity 14)

Warrior Workout - Challenge yourself in this fun and energetic class using battle ropes, kettlebells, agility ladder and more. (Max Capacity on the Fitness Floor 14)

Xtreme Hip Hop Step - Breathe life back into fitness by combining cardio, hip hop music, lots of fun in this fresh spin on step aerobics. This isn't just a class; this is a community whose mission is to make STEP class great again. All fitness levels welcome. (Max Capacity 15)

Yin Yoga - Beautiful meditative practice designed to open fascia and joints by sitting quietly in poses for 3 to 5 minutes. (Max Capacity 14)

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. (Max Capacity 14)