

May 2024

DULLES SOUTH GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT Express 5:30am-6:15am Ashley Max 16/Group Ex	Barre 8:30am-9:30am Tamara Max 16/Group Ex	HIIT Express 5:30am-6:15am Ashley Max 16/Group Ex	Barre 8:30am-9:30am Tamara Max 16/Group Ex		Strong Nation 9:15am-10:15am Shannon Max 16/Group Ex	TNT 9:15am-10:15am Cara Max 16/Group Ex
Gentle Yoga 10:00am-11:00am Sharlene Max 16/Dance Rm	Water Fit 9:30am-10:30am Andrea Max 30/Comp Pool	Fit Mix 9:00am-10:00am Mary-Ann Max 25/BBall Ct	Water Fit 9:30am-10:30am Andrea Max 30/Comp Pool No Class 5/9	Core Power 10:00am-10:45am Anu Max 16/Group Ex	Yoga Strength 9:15am-10:15am Sharlene Max 16/Dance Rm	Cardio Kickboxing 9:15am-10:15am Shannon Max 16/Dance Rm
SCore! 10:00am-10:45am Mitch Max 16/Group Ex	Body Sculpt 9:45am-10:45am Tamara Max 16/Group Ex		Body Sculpt 9:45am-10:45am Tamara Max 16/Group Ex	Zumba 10:00am-11:00am Angela Max 25/BBall Ct	Zumba Tone 10:30am-11:30am Chiharu Max 16/Group Ex	Zumba 10:30am-11:30am Shannon Max 16/Group Ex
Strength Express 11:00am-11:45am Mitch Max 16/Group Ex	Vinyasa Yoga 10:00am-11:00am Neeta Max 16/Dance Rm	Slay Strength 10:45am-11:45am Anu Max 16/Group Ex	Vinyasa Yoga 10:00am-11:00am Neeta Max 16/Dance Rm	Strength Express 11:00am-11:45am Mitch Max 16/Group Ex		Hatha Yoga Flow 11:30am-12:30pm Sharlene Max 16/Dance Rm
Hatha Yoga Flow 11:30am-12:30pm Sharlene Max 16/Dance Rm	SLAY 11:00am-12:00pm Anu Max 16/Group Ex	Gentle Yoga 11:30am-12:30pm Jody Max 16/Dance Rm	SLAY 11:00am-12:00pm Anu Max 16/Group Ex	Yoga for Stress Relief 11:30am-12:45pm Jody Max 15/Dance Rm		NEW! Tai Chi for Beginners 1:00pm-2:00pm Chanda Max 12/Dance Rm Begins 5/12
HIIT Express 12:00pm-1:00pm Mitch Max 16/Group Ex	Gentle Yoga 11:30am-12:30pm Diana Max 16/Dance Rm No Class 5/21	Strength Express 12:00pm-1:00pm Mitch Max 16/Group Ex	Gentle Yoga with Breathing Practices 11:30am-12:30pm Jaya Max 16/Dance Rm NO Class 5/9	HIIT Express 12:00pm-1:00pm Mitch Max 16/Group Ex		Aerobic Toning 6:00pm-7:00pm Jenna Max 16/Group Ex
	SCore! 12:15-1:00pm Mitch Max 16/Group Ex		SCore! 12:15pm-1:00pm Mitch Max 16/Group Ex	HIRT Express 4:15pm-5:00pm Mitch Max 16/Group Ex No Class 5/31	<div>   </div> <p>Memorial Day Hours: 11am-6pm NO Group Fitness Classes</p> <p><i>Special Event:</i> Sound Bath Immersion for Rejuvenation w/ Sharlene Sunday, 5/19 @ 6pm Activity Code - 305591-01 \$15</p> <p>Spring Pass Sale May 13-June 10 15% off 6-mo. & annual passes</p> <p>All Evening Classes Canceled on 5/31 due to Celebrate SR</p> <p><small>*All class participants will be required to receive a Class Entrance Card to participate in group exercise classes. *Class entrance cards can be obtained at the front desk thirty minutes before the class start time. *No Entry into class ten minutes past the class start time. *Group Exercise classes for ages 16+</small></p>	
Hatha Yoga 5:00pm - 6:15pm Jody Max 16/Dance Rm	Power Cardio 5:00pm-5:45pm Jenna Max 25/BBall Ct	Body Sculpt 5:00-5:45pm Tamara Max 16/Group Ex		Sunset Yoga Flow 6:00pm-7:00pm Sharlene Max 16/Dance Rm No Class 5/31		
Fit Mix 6:15pm-7:15pm Mary-Ann Max 16/Group Ex	Cycle 6:00pm-7:00pm Mike Max 16/Group Ex	Aerobic Toning 6:00pm-7:00pm Jenna Max 16/Group Ex	Cycle 6:00pm-7:00pm Mike Max 16/Group Ex No Class 5/9	Aerobic Toning 6:00pm-7:00pm Jenna Max 16/Group Ex No Class 5/31		
Aerobic Toning 6:30pm-7:30pm Jenna Max 16/Dance Rm	Dance Fit 7:15pm-8:15pm Kelly H. Max 16/Dance Rm	Barre 7:15pm-8:15pm Cara Max 16/Group Ex	Zumba Tone 6:00pm-7:00pm Chiharu Max 16/Dance Rm			
Yoga Slow Flow 7:45pm-8:45pm Diana Max 16/Dance Rm	Yogalates 7:30pm-8:30pm Katerina Max 16/Group Ex		Vinyasa Yoga 7:15pm-8:15pm Katerina Max 16/Dance Rm			

Classes are suitable for all levels

Aquatics

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.

Cardio, Core, & Strength

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

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.

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

Cardio kickboxing – is a high-energy, full-body cardiovascular workout that blends boxing, martial arts techniques, and basic calisthenics to leave you sweating and feeling amazing!

Core Power – Got 45 minutes? Take the time to make it count with our high-intensity strength and conditioning class designed to transform your body.

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.

Power Cardio – Increase your stamina and burn calories during this fun & powerful cardio workout set to amazing music.

SCore!– Designed to strengthen the abs, glutes, and back muscles through a variety of exercises set to fun music. Suitable for all levels.

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

Dance

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

Fit Mix– FitMix is a mix of arm, leg toning, core strength, balance, boxing & easy to follow cardio dance (Zumba & BollyX) done to awesome music! Fun, total body 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.

Zumba Tone– A powerful and calorie torching fitness class. Target all the training zones by using lightweights to enhance your rhythm, tone your body, and define muscles.

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.

SLAY– Want to burn calories even after your workout? Come meet SLAY!! A high intensity mix of cardio and weight training for a targeted heart rate. Burn fat and build muscle at the same time.

SLAY Strength – Your favorite SLAY class with the focus on strength training and muscle building for a challenging workout.

TNT– Demolish that plateau and recharge your fitness with this total body workout sure to give your metabolism a boost and help to rebuild your body.

Mind & Body

Gentle Yoga– "Easy does it." We will be gently opening the body with slower paced movements that focus on alignment, strength, balance, and flexibility while connecting with our breath and calming the mind.

Gentle Yoga with Breathing Practices – This gentle class will incorporate slower paced movements that focus on alignment, strength, balance and flexibility. Yogic breathing practices will be introduced with Mudras and Bandha to improve lung capacity.

Hatha Yoga Flow– This class incorporates energetic movement through a series of asanas (yoga postures) and breathwork to energize your day.

Hatha Yoga– This class is a fusion of Integral Yoga and Ashtanga Yoga. Focus is on a moving meditation with Sun Salutations, a set series of standing postures, seated and supine postures, and ending with a Savasana. You can expect to be challenged. Participants should be able to comfortably get up and down from the floor. Modifications provided.

Sunset Yoga Flow– Unwind and put aside the tensions of the day with this relaxing flow. You will leave feeling focused and relaxed.

Tai Chi for Beginners – A practice of slow, gentle movements and physical postures aimed at strengthening the whole body as well as the mind-body connection.

Vinyasa Yoga– Find your flow by stringing together relaxing and rejuvenating yoga poses. Power meets peace in learning to sync breath and movement.

Yogalates – Yogalates is a mixture of Pilates and yoga. You will get a workout that increases core strength and improves posture, while increasing flexibility and reducing stiffness. The Pilates exercises are aimed at strengthening the core abdominal muscles, which support the spine and assist in good posture.

Yoga Slow Flow – This class will focus on fundamental yoga movements with attention placed on a slower pace, longer holds, and core engagement.

Yoga Strength – Enhance your yoga poses with a variety of strength equipment including light dumbbells, resistance bands, and bodyweight exercises. This class is designed to help you build muscle strength and endurance, better balance, and posture.

Yoga for Stress Relief – This class is a wonderful way to reduce stress, replenish your energy, and enhance your overall well-being.