

# DULLES SOUTH GROUP FITNESS

## SCHEDULE



**\*PREREGISTRATION IS RECOMMENDED FOR ALL CLASSES\***

REGISTER USING THE ACTIVITY NUMBER BELOW THE CLASS NAME AT [WWW.LOUDOUN.GOV/WEBTRAC](http://WWW.LOUDOUN.GOV/WEBTRAC) ,OR BY CALLING (571) 258-3456

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

### SUNDAY

**YOGA  
CLASSES IN  
GROUP EX  
ROOM  
ALL OTHERS  
IN  
BASKETBALL**

BODY SCULPT  
BOOTCAMP  
#105564-01  
8:50-9:45AM  
(10MAX)  
TAMARA

POWER UP  
BARRE  
#105569-01  
8:50-9:45AM  
(10MAX)  
TAMARA

BODY SCULPT  
BOOTCAMP  
#105564-02  
8:50-9:45AM  
(10MAX)  
TAMARA

CYCLE AND  
STRENGTH  
#105574-01  
8:50-9:45AM  
(10MAX)  
BETHANY

CYCLE  
#105568-02  
9:20-10:15AM  
(10MAX)  
MIKE

STRONG NATION  
#105565-04  
10:35-11:30AM  
(10MAX)  
YON

YOGA BASICS  
#105561-01  
11:20-12:15PM  
(10MAX)  
KRISTEN

STRONG NATION  
#105565-01  
10:05-11:00AM  
(10MAX)  
ANGELA

GENTLE YOGA  
#105570-01  
11:20-12:15PM  
(10MAX)  
JODY

CORE CARDIO  
#105567-01  
10:05-11:00AM  
(10MAX)  
KELLY N.

ZUMBA  
#105563-04  
10:05-11:00AM  
(10MAX)  
ANGELA

ZUMBA  
#105563-05  
10:35-11:30AM  
(10MAX)  
Yon

**\*Labor Day Hours**  
11:00am-6:00pm  
  
Labor Day

HATHA YOGA  
#105562-01  
**\*No class 9/7**  
4:50-5:45PM  
(10MAX) JODY

CYCLE  
#105568-03  
4:50-5:45PM  
(10MAX)  
VICTORIA

FOLLOW US ON  
FACEBOOK FOR  
CLASS UPDATES



**\*NO ENTRY INTO  
CLASS 5 MINUTES  
PAST START TIME**

ZUMBA  
#105563-01  
**\*No class 9/7**  
6:05-7:00PM  
(10MAX)  
JENNY

CYCLE  
#105568-01  
6:05-7:00PM  
(10MAX)  
MIKE

ZUMBA  
#105563-02  
6:05-7:00PM  
(10MAX) JENNY

ZUMBA  
#105563-03  
6:05-7:00PM  
(10MAX)  
CHIHARU

STRONG NATION  
#105565-03  
6:05-7:00PM  
(10MAX)  
MARIAM

V.8.17.20

**\*DROP-INS ARE  
WELCOMED AND WILL BE  
ALLOWED INTO CLASS  
UNTIL FIVE MINUTES  
AFTER START TIME IF  
THERE IS AN AVAILABLE  
SPOT.**

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

### SUNDAY

WATERFIT  
8:45am-  
9:30am  
(15MAX)  
STACY  
ACTIVITY#  
105566-01

WATERFIT  
8:45am-  
9:30am  
(15MAX)  
ANDREA  
ACTIVITY#  
105566-02

WATERFIT  
8:45am-  
9:30am  
(15MAX)  
KRISTEN-  
ACTIVITY#  
105566-03

WATERFIT  
8:45am-  
9:30am  
(15MAX)  
ANDREA  
ACTIVITY#  
105566-04

WATERFIT  
8:45am-  
9:30am  
(15MAX)  
ANDREA  
ACTIVITY#  
105566-05

ALL AQUATIC  
CLASSES HELD IN  
THE COMPETITION  
POOL  
**\*NO WATERFIT  
CLASS 9/7**

**\*Members have the ability to schedule a group exercise class 7 days in advance of a class date**

**Non-members have the ability to schedule a group exercise class 4 days in advance of a class date**

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 571-258-3456. Three days advance notice is requested.

Dulles South Recreation and Community Center, 24950 Riding Center Drive, South Riding, VA 20152

(571)258-3456

## Cardio, Core, and Strength

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

**Core Cardio**— Strengthen your heart and your core. This class incorporates exercises that will get your heart rate up to burn calories ,and exercises that will strengthen your core muscles.

**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.

**Cycle and Strength**— A cross training cycle class that includes 25 minutes of cycle to get your heart rate up, and finish it off with a total body strength training session.

**Power Up Barre** -Barre exercises on or off the barre with low or high cardio moves to improve your endurance. Ab exercises will also be done on the matt or at the barre.

**Strong Nation**—A revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. NOT A DANCE CLASS!

## Mind and 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 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.

**Yoga** —Helps to build a strong foundation for your yoga practice. Classes focus on individualized attention to alignment while increasing flexibility, strength, and balance. Please bring a Yoga mat.

## Dance

**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.

## 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 in the Competition Pool.