



DULLES SOUTH GROUP FITNESS SCHEDULE



YOGA CLASSES HELD IN THE GROUP EX ROOM-ALL OTHERS IN THE BASKETBALL COURT

*Preregistration is recommended for all classes . Use the Activity# located below the class name to register at www.loudoun.gov/webtrac, or by calling (571)258-3456

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit Mix #105557-01 7:35-8:30am (10max) Amy	South Side Boot Camp #105560-01 5:05-6:00am (10max) Caleen		South Side Boot Camp #105560-02 5:05-6:00am (10max) Caleen		Hatha Morning Flow #105554-01 8:05-9:00am (10max) Sharlene	
Hiit Express # 105556-01 12:30-1:00pm (10max) Mitch	Body Sculpt Boot Camp #105564-01 8:50-9:45am (10max) Tamara	Power Up Barre #105569-01 8:50-9:45am (10max) Tamara	Body Sculpt Boot Camp #105564-03 7:35-8:30am (10max) Tamara	Cycle #105568-04 8:50-9:45am (10max) Bethany	Cycle #105568-02 9:20-10:15am (15max) Mike * 10/31 Special Halloween Class	Strong Nation #105565-04 9:20-10:15am (10max) Yon
Hiit Express # 105556-02 1:05-1:35pm (10max) Mitch		Gentle Yoga #105570-01 11:20-12:15pm (10max) Jody	Core Cardio #105567-02 3:35-4:30pm (10max) Kelly N.	Zumba #105563-04 10:05-11:00am (15max) Angela	Zumba #105563-05 10:35-11:30am (15max) Jenna	
Hatha Yoga #105562-01 4:50-5:45pm (10max) Jody	Strong Nation #105565-05 4:50-5:45pm (10max) Angela		Cycle #105568-03 4:50-5:45pm (15max) Victoria		<div> <u>Halloween Cycle</u> <ul style="list-style-type: none"> Special Playlist Costumes encouraged Same great workout! </div> <div> *Drop-ins welcomed and will be allowed into class until 5 minutes after start time if there is an available spot. *No entry into class 5 minutes past start </div> <div> *Members have the ability to register for a class 7 days in advance of class date. *Non-members have the ability to register for a class 4 days in advance of class date. *You may participate in up to two classes per day.. </div>	
Zumba #105563-01 6:05-7:00pm (15max)	Cycle #105568-01 6:05-7:00pm (15max) Mike	Zumba #105563-02 6:05-7:00pm (15max) Jenny	Zumba #105563-03 6:05-7:00pm (15max) Chiharu	Strong Nation #105565-03 6:05-7:00pm (10max) Mariam		
	Dance Fit #105559-02 7:20-8:15pm (10max) Kelly H.		Vinyasa Yoga #105555-01 7:20-8:15pm (10max) Katerina			
Water Fit #105566-05 9:30-10:30am (15max) Andrea	Water Fit #105566-06 9:30-10:30am (15max) Andrea	Water Fit #105566-07 9:30-10:30am (15max) Kristen	Water Fit #105566-08 9:30-10:30am (15max) Andrea	Water Fit #105566-09 9:30-10:30am (15max) Andrea	*ALL AQUATIC CLASSES HELD IN THE COMPETITION POOL	V.09.10.20

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 South Riding Dr, South Riding, VA 20152

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.

Fit Mix—A complete workout using a variety of formats to keep your muscles guessing and build fitness. You'll never get bored in this energetic class.

Hiit Express—Want big results in a short amount of time? Burn calories and get fit with this 30-minute high intensity interval class.

Power Up Barre—Barre exercises, on or off the barre, with low and high cardio moves to improve your endurance. Ab exercises will also be done on the mat or at the barre.

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 methodologies.

Strong Nation—A revolutionary high-intensity workout with music to motivate you and help you 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 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.

Vinyasa Yoga — Build endurance, flexibility, and mental focus in this dynamic flow that synchronizes breath and movement. 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.

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

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.