



# DULLES SOUTH GROUP EXERCISE 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](http://www.loudoun.gov/webtrac), or by calling (571)258-3456

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba #905563-07 9:00-10:00am (9 max) Kelly N.	South Side Boot Camp #905560-01 5:05-6:00am (9max) Caleen	Power Up Barre #905569-01 8:50-9:45am (9max) Tamara	South Side Boot Camp #905560-02 5:05-6:00am (9max) Caleen	Cycle #905568-04 8:50-9:45am (9max) Bethany	Hatha Morning Flow #905554-01 8:05-9:00am (9max) Sharlene	Strong Heart Slow Flow #905575-01 (9max) 8:05-9:00am Rachel
Strength Express #905573-01 11:00-11:45am (9max) Mitch <b>*45min class</b>	Body Sculpt #905564-01 8:50-9:45am (9max) Tamara	Gentle Yoga #905570-02 11:30-12:30pm (9max) Jody	Body Sculpt #905564-03 7:35-8:30am (9max) Tamara	Zumba #905563-04 10:05-11:00am (9max) Angela	Cycle #905568-02 9:20-10:15 (9max) Mike	Strong Nation #905565-04 9:20-10:15am (9max) Yon
Vinyasa Yoga #905555-02 11:30am-12:30pm (9max) Caleen	Yogalates #905576-01 11:30am-12:30pm (9max) Katerina	Hiit Express # 905572-05 12:00-1:00pm (9max) Mitch		Gentle Yoga #905570-03 11:30-12:30pm (9max) Jody	Zumba #905563-05 10:35-11:30am (9max) Jenna	Polynesian Dance Fitness #905571-01 10:30-11:30am (9max) Maribel
Hiit Express # 905572-04 12:00-1:00pm (9max) Mitch	Strong Nation #905565-05 4:50-5:45pm (9max) Angela	Cycle #905568-05 4:50-5:45pm (9max) Christina	Cycle #905568-03 4:50-5:45pm (9max) Victoria	Hiit Express # 905572-06 12:00-1:00pm (9max) Mitch	<b>4th Annual Leprechaun Run</b> Activity# 305805-01  <b>It's Virtual</b>  *Register February 19-March 17th and receive a gift. More information on back.	
Hatha Yoga #905562-01 4:50-5:45pm (9max) Jody	Cycle #905568-01 6:05-7:00pm (9max) Mike	Zumba #905563-02 6:05-7:00pm (9max) Jenna	Zumba #905563-03 6:05-7:00pm (9max) Chiharu	Strong Nation #905565-03 6:05-7:00pm (9max) Mariam		
Zumba #905563-01 6:05-7:00pm (9max) Jenny	Dance Fit #905559-02 7:20-8:15pm (9max) Kelly H.		Vinyasa Yoga #905555-01 7:20-8:15pm (9max) Katerina	Sunset Flow #905574-01 6:00-7:00pm (9max) Sharlene		
Water Fit #905566-06 9:30-10:30am (9max)Andrea	Water Fit #905566-07 9:30-10:30am (9max)Andrea	Water Fit #905566-08 9:30-10:30am (9max)Amanda	Water Fit #905566-09 9:30-10:30am (9max)Andrea	Water Fit #905566-10 9:30-10:30am (9max)Andrea	<b>*ALL AQUATIC CLASSES HELD IN THE COMPETITION POOL</b>	<b>V.2.11.21</b> 

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

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. Follow our Facebook page for updates.

All classes for Ages 16 and up. All classes are suitable for all levels, unless otherwise noted.

### 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. All cycling classes are beginner friendly.

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

Power Up Barre -Barre exercises 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.

Strength Express-This 45 minute class focuses on muscular strength and endurance. Create lean muscle that will increase your metabolism and shape your body.

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.

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.

Vinyasa Yoga- Build endurance, flexibility, and mental focus in this dynamic flow that synchronizes breath and movement. Please bring a Yoga mat.

Yogalates-This class combines the Yoga focus of a mind-body awareness, strength, stamina, flexibility, and balance with Pilates techniques that improve posture and create a stable foundation for movement.

### 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.

Polynesian Dance Fitness- A total body workout inspired by the dances of the Pacific. This class is appropriate 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 in the Competition Pool.

\*Drop-ins welcomed until 5 minutes after start time if there is an available spot.  
\*No entry into class 5 minutes past start time.

\*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..

### 4th Annual

### Leprechaun Run/Walk

Run or walk this virtual event at your own pace and at your own time. Whether you run on a treadmill, walk around our track, or find your own course, this event is an ideal way to get moving and have fun. Did we mention you get some swag? All participants receive a gift bag.

\*An additional reservation for the fitness areas is required if you choose to complete your miles at the facility.

\*Registration is \$5.00 and will be open February 19-March 17, please use Activity# 305805-01 .

\*Further instructions on how to submit your results will be emailed. Results must be submitted by March 18th at 8am.



All Virtual 5K participants receive a gift