

# SEPTEMBER GROUP FITNESS

8/26/2021

## MONDAY

8:30am-9:30am	Yin Yoga w/ Sue in Multi-Purpose Room	973562
5:30pm-6:15pm	Barre w/ Caitlin in Upstairs Studio	973558
6:00pm-7:15pm	Hatha Yoga w/ Sue in Multi-Purpose Room	973555

## TUESDAY

7:15am-8:00am	Barre w/ Caitlin in Upstairs Studio	973558
8:30am-9:30am	Hatha Yoga w/ Sue in Multi-Purpose Room	973555
6:00pm-7:00pm	Zumba w/ Kelly in Upstairs Studio	973566

## WEDNESDAY

8:30am-9:30am	Yin Yoga w/ Sue in Multi-Purpose Room	973562
---------------	---------------------------------------	--------

## THURSDAY

8:30am-9:30am	Hatha Yoga w/ Sue in Multi-Purpose Room	973555
5:30pm-6:15pm	Barre w/ Caitlin in Upstairs Studio	973558
6:15pm-7:15pm	Zumba w/ Kelly in Upstairs Studio	973566

## FRIDAY

7:15am-8:00am	Barre w/ Caitlin in Upstairs Studio	973558
---------------	-------------------------------------	--------



**ATTEND A CLASS! SIX MONTH AND ANNUAL PASSHOLDERS MAY SIGN UP ON WEBTRAC WITH THE AFFILIATED ACTIVITY CODE ABOVE. SPACES WILL BE RESERVED IN ALL CLASSES FOR DROP-IN. DROP-IN PARTICIPANTS MUST STOP BY THE FRONT DESK FOR A CLASS ENTRY CARD, WHICH WILL BE GIVEN TO THE INSTRUCTOR PRIOR TO THE START OF CLASS. PLEASE CHECK WEBTRAC FOR SCHEDULE CHANGES.**

**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

**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

**Yin Yoga**—Beautiful meditative practice designed to open fascia and joints by sitting quietly in poses 3 to 5 minutes. Class includes an hour of poses followed by an optional 15 minutes of meditation

**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.

**Join the fitness email list to be notified of schedule changes! You can sign up online (RecTrac #973500) or at the front desk**



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 571-258-3600. One week advance notice is requested.