


AUGUST DULLES SOUTH GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
South Side Boot Camp 5:05-6:00am/Julie Max 16/Group Ex Room		South Side Boot Camp 5:05-6:00am Julie Max 16/Group Ex Room	Body Sculpt 9:00-10:00am Tamara Max 16/Group Ex Room	South Side Boot Camp 5:05-6:00am Julie Max 16/Group Ex Room	Strong Nation 8:05-9:05am Shannon Max 16/Dance Room	Strong Nation 9:15-10:15am Yon Max 16/Dance Room
Zumba 9:00-10:00am Kelly N. Max 16/Dance Room	Body Sculpt 9:00-10:00am Tamara Max 16/Group Ex Room	REFIT 9:00-10:00am Mary-Ann Max 16/Group Ex Room	Yoga with Pranayama 9:00-10:00am Jaya Max 16/Dance Room	Kickboxing 8:30-9:30am Julie Max 16/Dance Room	Tae Bo 9:15-10:15am Yomna Max 16/Group Ex Room	Zumba 10:30-11:30am Shannon Max 16/Group Ex Rm
SCore! 10:00-10:45am Mitch Max 16/Group Ex Room	Water Fit 9:30-10:30am Andrea Max 24/Comp Pool	Aqua HIIT 9:30-10:30am Julie Max 24/Comp Pool	Water Fit 9:30-10:30am Andrea Max 24/Comp Pool	Zumba 10:00-11:00am Angela Max 25/Basketball CT	Hatha Morning Flow 9:15-10:15am Sharlene Max 16/Dance Room	Aerobic Toning 6:00-7:00pm Jenna Max 16/Group Ex Room
Strength Express 11:00-11:45am Mitch Max 16/Group Ex Room		Gentle Yoga 11:30-12:30pm Jody Max 16/Dance Room		Strength Express 11:00-11:45am Mitch Max 16/Group Ex Room	Zumba Tone 10:30-11:30am Chiharu Max 16/Group Ex Rm	DULLES SOUTH GROUP EXERCISE SCHEDULE EFFECTIVE 08/01/2022-08/31/2022
Moving Warrior Yoga 11:30-12:30pm Sharlene Max 16/Dance Room	Vinyasa Yoga 11:00-12:00pm Neeta Max 16/Dance Room	HIIT Express 12:00-1:00pm Mitch Max 25/Basketball CT	GLOW 1:30-2:30pm Jenny Max 16/Group Ex Room	Gentle Yoga 11:30-12:30pm Jody Max 16/Dance Room	 <p style="color: green; font-weight: bold;">Monday, August 22nd</p> <p style="color: blue; font-weight: bold;">1:30pm-2:30pm</p> <p style="color: blue; font-weight: bold;">Avoiding Sedentary Behavior</p> <p style="color: blue; font-weight: bold;">Dr. Donna Michel</p> <p style="font-size: small;">Inspiring Communities through Movement and Conversation.</p> <p style="color: green; font-weight: bold; font-size: large;">Join Us!</p> <p style="font-size: x-small;">With an aim to make hope and health accessible to everyone, our doctor-led walking group is a safe, fun, and FREE place to get some steps, learn about health, and meet new friends.</p> <p style="color: green; font-weight: bold; font-size: small;">Activity#405502-01</p> <p style="font-size: x-small;">Free to all Registration is recommended www.loudoun.gov/webtrac (571)258-3456</p>  <p style="font-size: x-small;">Dulles South Recreation and Community Center 24950 Riding Center Dr. South Riding VA 20152</p>	
HIIT Express 12:00-1:00pm Mitch Max 25/Basketball CT	GLOW 1:30-2:30pm Jenny Max 16/Group Ex Room		WERQ 5:00-6:00PM Saemi Max 16/Group Ex Room	HIIT Express 12:00-1:00pm Mitch Max 25/Basketball CT		
Hatha Yoga 4:45-6:00pm Jody Max 16/Dance Room	Tabata 5:00-6:00pm Julie Max16/Group Ex Room	Cycle Express 5:00-5:45pm Christina G. Max 14/Group Ex Room	Zumba Tone 6:00-7:00pm Chiharu Max 16/Dance Room	HIRT Express 4:15-5:00pm Mitch Max 16 /Group Ex Room		
Cycle 5:00-6:00pm Kati Max 14/Group Ex Room	Cycle 6:15-7:15pm Mike Max 14/Group Ex Room	Aerobic Toning 6:00-7:00pm Jenna Max 16/Group Ex Room	Cycle 6:15-7:15pm Kati Max 14/Group Ex Room	Sunset Flow 6:00-7:00pm Sharlene Max 16/Dance Room		
REFIT 6:15-7:15pm Mary-Ann Max 16/Group Ex Room	Dance Fit 7:15-8:15pm Kelly H. Max 16/ Dance Room	Pound w/Ripstix 7:15-8:15pm Cara Max 16/ Group Ex Room	Vinyasa Yoga 7:15-8:15pm Katerina Max 16/Dance Room	Aerobic Toning 6:00-7:00pm Jenna Max 16/Group Ex Room		
Strong Nation 6:15-7:15pm/Mariam Max 16/Dance Room			SCore! 7:30-8:15pm Kati Max 16/Group Ex Room	Pound w/Ripstix 7:15-8:15pm Cara Max 16/ Group Ex Room		



Monday, August 22nd

1:30pm-2:30pm

Avoiding Sedentary Behavior

Dr. Donna Michel


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Movement and Conversation.

Join Us!

With an aim to make hope and
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Dulles South Recreation and Community Center
24950 Riding Center Dr. South Riding VA 20152

All class participants will be required to receive a class entrance card to participate in Fitness classes. Class entrance cards can be obtained at the front desk thirty minutes before the start time of class.

CARDIO, CORE, & STRENGTH

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

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

Cycle-& Cycle Express—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.

GLOW— (Gentle Low Impact) This low-impact strength training and cardio class uses exercises that are gentle on your joints and tendons. No matter your fitness level or abilities, you will discover the benefits low impact training.

Kickboxing—Increase stamina, improve coordination and flexibility, plus build muscle with this fun all-levels workout that combines martial arts techniques with cardio.

Pound with Ripstix -Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

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

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

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

Tabata— Build endurance, cardio, and improve your performance. A workout originally designed for Olympic athletes, Tabatas can be modified to fit any exercise, any goal, and any ability. Suitable for all levels.

Tae Bo-Tae Bo is a workout for the body, mind and spirit. It is a combination of martial arts, dance, aerobics, boxing and several muscle-conditioning movements. Suitable for all levels.

DANCE

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

REFIT- Movement plus music experience that adds resistance training elements to give you a total body workout. Easy to learn movements, inspiring music and a calorie burning workout for all levels.

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.

WERQ—A wildly addictive cardio dance workout based on trending and hip hop music. A judgement free space built on good vibes and a good sweat.

MIND & 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.

Hatha Morning Flow—Energizing flow to start your weekend. Relaxation, breathing, and meditation. This class is appropriate for all levels.

Hatha Yoga- Hatha Yoga consists of the classic sun salutation, held postures, breathing practices, meditation, and a guided deep relaxation. This class is designed for all levels.

Moving Warrior Yoga—Find your inner strength with this Hatha yoga flow. This class combines strength, stability, and varied intensity. Suitable for all levels. 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.

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

Yoga with Pranayama -Yogic Breathing with Mudras and Bandha for improving the lung capacity, digestive process, decreasing tension and anxiety. Stretching and yoga postures to strengthen the muscles and the bones, Meditation for mental nourishment and lastly, Laughter Yoga which has added benefits.

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.

AQUATICS

Aqua HIIT-Get the heart pumping with this full body workout. All the benefits of a cardio workout with the added resistance of water. Class is suitable for all levels.

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.

All class participants will be required to receive a class entrance card to participate in Fitness classes. There will be no pre-registrations.

Class entrance cards can be obtained at the front desk thirty minutes before the start time of class.

Schedule/class format is subject to change. If a substitute 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.

No entry into class after ten minutes past the start time of class.

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

Check out our Fitness programs in the
PRCS Activity Guide!

Registration for Activities in our Summer
Activity Guide is Open! Find our Summer
Activity Guide here!

