

# AUGUST GROUP FITNESS

@ CLAUDE MOORE RECREATION & COMMUNITY CENTER

7/26

MONDAY

8:30am - 9:30am	Yin Yoga w/ Sue - Multi-Purpose Room
10:00am - 11:00am	Gentle, Low Impact w/ Jenny - Wet Training Room
11:30am - 12:30pm	Deep Water Splash w/ Jenny - Competition Pool
5:30pm - 6:30pm	Body BY April - Fitness Floor
6:00pm - 7:15pm	Hatha Yoga w/ Sue - Multi-Purpose Room

TUESDAY

8:30am - 9:30am	Hatha Yoga w/ Sue - Multi-Purpose Room
10:00am - 11:00am	H2O Fit w/ April - Competition Pool
11:15am - 12:00pm	FIT FACTORY w/ Joey - Fitness Floor - until 8/16 *
5:30pm - 6:30pm	Zumba w/ Kelly - Upstairs Studio
6:45pm - 7:45pm	Vinyasa Yoga w/ Elke - Upstairs Studio

WEDNESDAY

8:30am - 9:30am	Yin Yoga w/ Sue - Multi-Purpose Room
10:00am - 11:00am	Gentle, Low Impact w/ Jenny - Wet Training Room
11:30am - 12:30pm	Deep Water Splash w/ Jenny - Competition Pool
5:30pm - 6:30pm	Zumba Strong w/ Kelly - Upstairs Studio
6:45pm - 7:45pm	Hip Hop Step w/ Marijia - Upstairs Studio

THURSDAY

8:30am - 9:30am	Hatha Yoga w/ Sue - Multi-Purpose Room
10:00am - 11:00am	H2O Fit w/ April - Competition Pool
11:15am - 12:00pm	FIT FACTORY w/ Joey - Fitness Floor - until 8/16 *
5:00pm - 6:00pm	POUND w/ Kat - Upstairs Studio
6:15pm - 7:15pm	Zumba w/ Kelly - Upstairs Studio

FRIDAY

9:30am-10:30am	Body by KeKee - Upstairs Studio
10:45am- 11:45am	Vinyasa Yoga w/ Elke - Upstairs Studio
5:30pm- 6:30pm	Zumba w/ Saemi - Upstairs Studio

SATURDAY

9:00am- 10:00am	Body BY April - Fitness Floor
10:15am- 11:15am	Zumba w/ Pooja - Upstairs Studio



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

**LOUDOUN.GOV/PRCS**

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711





**Kid Kare is our drop-in child care service available to 6 and 12 month passholders. Children ages 12 months to 11 years are welcome. Hours are from Monday-Friday 8:30am-1:30pm & Saturday 8am-12pm. Cost is \$4 per child per visit.**

**Body By Kekee & April** - Build, sculpt and tone your body with a high energy mix of resistance and interval training. Body By classes are led by certified personal trainers. Learn safe, effective techniques and form to optimize your training. *(Max Capacity on the Fitness Floor 10 / Max Capacity in the upstairs studio 12)*

**Deep Water Splash** - Add gentle no-impact cardio and resistance training to your fitness routine in the deep end of the competition pool. Deep water flotation belts and all other equipment will be provided. Participants must be able to swim. *(Max Capacity 16)*

**Gentle, Low Impact**—Focused on strength and mobility for those looking for a gentler workout routine. *(Max Capacity 16)*

**Fit Factory** - Get in and get out w/ this 45 minute strength training and power packed HIIT session on the Fitness Floor. This is a dynamic full-body workout making use of kettlebells, free weights, resistance bands, plyometrics, and loads of body weight exercises. This program is designed to be fun and challenging for a broad range of fitness levels. *(Max Capacity 8)*

**H2O Fit**- Low impact but High Intensity fun in the pool. This class combines cardio and strength training and is designed to improve joint stability and coordination. *(Max Capacity 16)*

**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. *(Max Capacity 14)*

**Hip Hop Step** - This 60 minute high energy group cardio workout set to upbeat hip hop music will have you second guessing what you remember from step aerobics from decades past. Movements such as high knees, kicks, punches, jumping jacks and more are guaranteed to raise your heartbeat to anaerobic levels and assure maximum caloric expenditure. *(Max Capacity 14)*

**POUND**—A full-body workout designed for all fitness levels, combining cardio, conditioning, and strength training with pilates-inspired movements. Use lightly weighted drumsticks (Ripstix) to drum and let loose to the beat of fun and engaging music. This is a high-energy class that will Rockout Your Workout! *(Max Capacity 14)*

**Vinyasa Yoga** - Find your flow by stringing together relaxing and rejuvenating yoga poses. Power meets peace, in learning to sync breath and movement. This practice is very fluid and suitable for all levels. *(Max Capacity 14)*

**Yin Yoga**—Beautiful meditative practice designed to open fascia and joints by sitting quietly in poses 3 to 5 minutes. *(Max Capacity 14)*

**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. *(Max Capacity 16)*