



# Group Exercise Schedule

## YMCA Fairfax County Reston

### Fall I: August 28-October 22

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
6:00-7:00A	<b>Cardio Sculpt</b> 6:00-6:55 Kristy	<b>Cycling</b> 6:30-7:15 Jeff		<b>Cycling</b> 6:00-6:45 Shauna	<b>Boot Camp</b> 6:00-6:55 Kristy	<b>Cycling</b> 6:30-7:15 Beth	<b>Body Sculpt /Abs</b> 6:00-6:40 Kristy	<b>Cycling</b> 6:00-6:45 Erika	<b>X-Training</b> 6:00-6:55 Kanan	<b>Cycling</b> 6:00- 6:45 Shauna
7:00-8:00A			<b>Power Yoga</b> 7:00-7:55 Rebecca				<b>Power Yoga</b> 7:00-7:55 Rebecca			
8:00-9:00A	<b>Abs Attack</b> 8:30-9:25 Lea	<b>Step</b> 8:30-9:25 Jill				<b>Hatha Flow Yoga</b> 8:30-9:25 Sanderjin		<b>Step and Sculpt</b> 8:00-8:55 Jane		<b>Hatha Flow Yoga</b> 8:30-9:25 Judy
9:00-10:00A	<b>Boot Camp</b> 9:30-10:25 Brady			<b>Kettlebell X-Training</b> 9:00-9:40 Jen	<b>Low Impact</b> 9:30-10:25 Linda	<b>Cardio Kickbox</b> 9:30-10:25 Stephanie	<b>Pilates</b> 9:00-9:55 Mimi	<b>HIIT</b> 9:00-9:40 Brandon	<b>Stability and Balance</b> 9:30-10:25 Mimi	<b>Hi-Lo</b> 9:30-10:25 Jessie
10:00-11:00A	<b>Body Sculpt</b> 10:30-11:25 Jen	<b>Active Older Adults</b> 10:30-11:25 Jill	<b>PIYO</b> 10:00-10:55 Jen	<b>Cycling</b> 10:00-10:45 Jennie	<b>Body Sculpt</b> 10:30-11:25 Jill	<b>Active Older Adults</b> 10:30-11:25 Linda	<b>Body Sculpt</b> 10:30-11:25 Jill	<b>Cycling</b> 10:00-10:45 Jen/Sarah	<b>Body Sculpt</b> 10:30-11:25 Eric	<b>Active Older Adults</b> 10:30-11:25 Jill
11:00-12:00P		<b>Tai Chi and Qigong</b> 11:30-12:25 Richard		<b>Tai Chi</b> 11:00-11:55 Richard			<b>Pure Stretch</b> 11:30-11:55 Jill	<b>Tai Chi</b> 11:00-11:55 Richard		
12:00-1:00P		<b>Zumba</b> 12:30-1:25 Deborah	<b>Silver Sneakers</b> 12:30- 1:15 Jessie	<b>Gentle Yoga</b> 12:00-1:25 Nelly		<b>Zumba</b> 12:00-12:55 Alex	<b>Silver Sneakers</b> 12:30- 1:15 Jessie	<b>Gentle Yoga</b> 12:00-1:25 Nelly		<b>Zumba</b> 12:00-12:55 Akisha
1:00-4:00P		<b>\$ YMCA Preschool</b> 2:30-4:00 Reserved	<b>Silver Sneakers Yoga</b> 1:30- 2:15 Kathy		<b>Silver Sneakers Yoga</b> 1:30-2:10 Dianne	<b>\$ YMCA Preschool</b> 2:30-4:00 Reserved	<b>Silver Sneakers Yoga</b> 1:30- 2:15 Dianne			
4:00-5:00P	<b>\$ Tae Kwon Do Youth Program</b> 4:30-5:15 Linda			<b>\$ YMCA Preschool</b> 3:00-5:00 Reserved	<b>\$ Tae Kwon Do Youth Program</b> 4:30-5:15 Linda			<b>\$ YMCA Preschool</b> 3:00-5:00 Reserved		<b>\$ YMCA Preschool</b> 4:00-5:00 Reserved
5:00-6:00P	<b>Pilates Power</b> 5:30-6:25 Mimi	<b>Body Core Sculpt</b> 6:00-6:45 Sean	<b>Barre</b> 5:15-6:10 Emily	<b>Body Sculpt</b> 5:15-6:10 Kaleen	<b>AbsCore</b> 5:30-6:25 Lauren	<b>Youth Conditioning</b> 5:00-5:45 Rony	<b>Core 5:00-5:25 Muscle Madness</b> 5:30-6:25 Tracey			<b>Cycling</b> 5:30-6:15 Barb
6:00-7:00P	<b>Cardio Kickbox</b> 6:30-7:25 Kathlin	<b>Cycling</b> 6:45-7:25 Sean	<b>Zumba</b> 6:15-7:10 Iris		<b>Cardio Kickbox</b> 6:30-7:25 Kathlin	<b>Cycle Fusion</b> 6:00-7:25 Sean	<b>HIIT</b> 6:30-7:10 Tracey		<b>Zumba</b> 6:30-7:25 Carmen	
7:00-10:00P	<b>\$ Ju Jitsu</b> 7:30-9:00	<b>Yoga Vinyasa Flow</b> 7:30-8:55 Qijing		<b>Cycling</b> 7:30-8:15 Sean		<b>Vinyasa Flow Yoga</b> 7:30-8:40 Lea		<b>Zumba</b> 7:00-7:55 Ileana		
<b>SATURDAY</b>										
	7:00-8:00A	8:00-9:00A	9:00-10:00A	10:00-11:00A	11:00A-1:00P	1:00-2:00P	3:00-5:00P			
Studio A		<b>Step</b> 8:00-8:55 Jill	<b>Abs/Core</b> 9:00-9:25 Jill	<b>\$ Jujitsu</b> 10:30-12:30						
Studio B		<b>Cycling</b> 8:00-8:55 Rotating	<b>Kickboxing</b> 9:30-10:25 Lisa	<b>Tai Chi</b> 10:30-11:25 Qijing	<b>Tai Chi Staff and Sword</b> 11:30-12:25 Qijing	<b>Yoga</b> 12:30-1:25 Mei -Wen				
<b>SUNDAY</b>										
Studio A			<b>Cardio Interval Conditioning</b> 9:00-9:55 Kristy	<b>Body Sculpt</b> 10:00-10:55 Kaleen	<b>Yoga</b> 11:30-12:55 Sunny					
Studio B		<b>Cycling</b> 8:30-9:15 Sean								

**HOURS OF OPERATION:**  
**Building Hours:**  
Monday - Friday: 5:00am to 10:00pm  
Saturday: 7:00am to 9:00pm  
Sunday: 8:00am to 8:00pm

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**Child Watch Hours:**  
Nursery (6 weeks-3 years)  
Kid's Gym (4-12 years old)

Monday - Friday: 8:00am to 12:00pm  
Monday - Friday: 4:00pm to 8:00pm  
Saturday & Sunday: 8:00am- 1:30pm

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