



Group Exercise Schedule

YMCA Fairfax County Reston

Fall II: October 28-December 15

10/31/2023 5:51 PM

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	Cardio Strength 6:00-6:55 Kristy		Strength&Stretch 6:00-6:55 Nancy		Boot Camp 6:00-6:55 Kristy		Body Strength 6:00-6:55 Kristy		X-Training 6:00-6:55 Kanan	
7:00-8:00A				Vinyasa Flow 7:00-7:55 Dana				Vinyasa Flow 7:00-7:55 Dana		
8:00-9:00A		HathaFlowYoga 8:30-9:25 Lea				HathaFlowYoga 8:30-9:25 Sanderijn				HathaFlowYoga 8:30-9:25 Judy
9:00-10:00A	Boot Camp 9:00-9:45 Jen		Tabata 9:00-9:45 Melissa		Kettlebell 9:30-10:25 Jen		HIIT 9:00-9:45 Melissa	Pilates 9:00-9:55 Mimi	Stability and Balance 9:00-9:55 Mimi	
10:00-11:00A	Body Strength 10:00-10:55 Jen	Active Older Adults 10:00-10:55 Dianne	PIYO 10:00-11:15 Vanessa	Active Older Adults 10:00-10:55 Kathy H.	Cardio Strength 10:30-11:25 Doug/Lisa	Active Older Adults 10:00-10:55 Linda	Active Older Adults 10:00-10:55 Kaleen	POUND 10:30-11:25 Sarah	Body Strength 10:30-11:25 Eric	Zumba Gold 10:00-10:55 Deborah
11:00-12:00P		Zumba Gold 11:05-12:00 Deborah		Tai Chi 11:00-12:15 Mei-Wen		Zumba Gold 11:05-12:00 Deborah	Tai Chi 11:00-11:55 Rotating			Tai Chi 11:00-11:55 Qijing
12:00-1:00P	Silver Sneakers 12:30- 1:15 Jessie	Zumba 12:05-1:00 Deborah		Gentle Yoga 12:00-1:25 Nelly	Silver Sneakers 12:30- 1:15 Dianne	Zumba 12:05-1:00 Deborah		Gentle Yoga 12:00-1:25 Nelly	Silver Sneakers 12:30- 1:15 Kathy B.	Zumba 12:00-12:55 Corrina
1:00-4:00P	Silver Sneakers Yoga 1:30- 2:15 Kathy B.				Silver Sneakers Yoga 1:30- 2:15 Dianne					
5:00-6:00P		Pilates Power 5:30-6:25 Mimi	Body Strength 5:15-6:25 Jen	Youth Yoga 4:45-5:15 Tessa *Ages 5 & up	Kids' Athletic Conditioning 5:15-5:55 Asim *Ages 5 & up	PIYO 5:30-6:25 Caroline	Core & More 5:00-5:25 - Jen Body Strength 5:30-6:25 Joe Webb	Generation POUND 4:30-5:00 Sarah *Kid Friendly Ages 8-12		
6:00-7:00P	Cardio Kickbox 6:30-7:25 Kathlin		Family Zumba 6:30-7:25 Iris *Kid Friendly Ages 11 & up	Barre 6:30-7:25 Lea	Strong by Zumba 6:30-7:25 Brianna		Tabata 6:30-7:25 Joe Webb	Zumba 6:30-7:25 Ileana	Family Zumba 6:30-7:25 Rotating *Kid Friendly 11 & up	
7:00-10:00P	\$ Jujitsu 7:30-9:00 Howard	Yoga Vinyasa Flow 7:30-8:55 Qijing		Tai Chi 7:30-8:45 Qijing		YogaVinyasaFlow 7:30-8:45 Lea		\$ Ballroom Dancing 7:30 Lauren & Jonathan		

SATURDAY

	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			Kickboxing 9:30-10:25 Lisa	\$ Jujitsu 10:30-12:30 Howard	\$ Ballroom Dancing 12:45 Lauren & Jonathan		
Studio B				Tai Chi 10:30-11:25 Qijing	Tai Chi Staff & Sword 11:30-12:25 Qijing	Yoga & Meditation 12:30-2:00 Mei -Wen	

SUNDAY

Studio A			Cardio Interval 9:00-9:55 Kirstie	Body Strength 10:00-10:55 Kirstie	Kids Athletic Conditioning 11:00-11:55 Asim *Ages 5 & up		
Studio B					Yoga 11:30-1:00 Sunny		

HOURS OF OPERATION:

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

Child Watch Hours:

(6 weeks-12 years)
Monday-Friday: 8:30am-1:00pm
Saturday and Sunday: 8:00am-1:00pm

(6 weeks-5 years old)
Monday-Friday: 4:30pm to 8:00pm

Kids Adventure Zone Hours:

(6-12 years old)
Monday-Friday: 5:00pm to 8:00pm

\$ Fee Based Class