



**Cycle Schedule**  
**YMCA Fairfax County Reston**  
**Winter: January 6th-March 1st**

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	<b>Cycle Studio</b>	<b>Cycle Studio</b>	<b>Cycle Studio</b>	<b>Cycle Studio</b>	<b>Cycle Studio</b>	<b>Cycle Studio</b>	<b>Cycle Studio</b>
6:00-7:00A	<b>Cycling</b> 6:30-7:15 Jeff	<b>Cycling</b> 6:00-6:45 Shauna		<b>Cycling</b> 6:00-6:45 Erika	<b>Cycling</b> 6:00-6:45 Shauna		
7:00-8:00A							
8:00-9:00A						<b>Cycling</b> 8:00-9:00 Shauna	<b>Cycling</b> 8:30-9:15 Sean
9:00-10:00A						<b>Cycling</b> 9:15-10:15 Jen/Sean	
10:00-11:00A		<b>Easy Rider</b> 10:00-10:30 Carolyn *beginner class		<b>Cycling</b> 10:00-11:00 Jen			
11:00-12:00P							
12:00-4:00P						<b>HOURS OF OPERATION:</b> <b>Building Hours:</b> Monday - Friday: 5:00am to 10:00pm Saturday: 7:00am to 9:00pm Sunday: 8:00am to 8:00pm	
5:00-6:00P						<b>Child Watch Hours:</b> (6 weeks-12 years) Monday-Friday: 8:30am-1:00pm Saturday and Sunday: 8:00am-1:00pm	
6:00-7:00P	<b>Cycling</b> 6:00-6:45 Sean	<b>Cycling</b> 6:00-6:45 Sean	<b>Cycling</b> 6:00-6:45 Sean			(6 weeks-5 years old) Monday-Friday: 4:30pm to 8:00pm	
7:00-10:00P	<b>Cycling</b> 7:00-7:45 Sean	<b>Cycling</b> 7:00-7:45 Sean	<b>Cycling</b> 7:00-7:45 Sean			<b>Kids Adventure Zone Hours:</b> (6-12 years old)	

# Group Exercise Descriptions

<b>Acro-Yoga:</b> This class combines yoga, acrobatics and Thai massage into a fun and exciting partner practice. You do not need to bring a partner or previous experience. Beginners welcome!	<b>Kickboxing:</b> Kick and punch your way into wellness in this fun, invigorating cardiovascular class. Class moves can be modified for all levels to create a low impact environment.
<b>Active Older Adults:</b> Low impact workout for 55 years and older including flexibility, cardiovascular and strength conditioning.	<b>Kids Athletic Conditioning:</b> Children ages 8-12 will engage in cardiovascular conditioning, obstacle courses and sports conditioning games in a boot camp style class.
<b>Barre:</b> This workout blends strength training, pilates and ballet barre work. This core-strengthening workout isolates muscle groups to create long, lean muscles while increasing endurance and flexibility.	<b>Pilates/Pilates Power:</b> A total body workout to craft long, lean muscles. Pilates Power is an intermediate level class. <b>Mats are available, but feel free to bring your own personal mat.</b>
<b>Body Sculpt:</b> Body Sculpt is non-cardiovascular training that focuses on all major muscle groups using various modalities such as bands, weights, tubing, etc.	<b>PIYO:</b> A fast paced blend of Pilates and Yoga. This class strengthens and tones the body while promoting mindfulness and relaxation. <b>Mats are available, but feel free to bring your own personal mat.</b>
<b>Boot Camp/X-Training:</b> Create a spirit of teamwork as instructors offer encouragement rather than intimidation. Classes will vary, but all contain components of cardio, strength and flexibility performance goals.	<b>POUND:</b> Designed for all fitness levels, this class allows participants to let loose, get energized, toned and rock out. <b>Registration sign-in is at the personal training desk.</b>
<b>Cardio Interval:</b> These classes focus on aerobic activities that increase cardiovascular performance on all levels through the use of various modalities; primarily performed in times intervals.	<b>Silver Sneakers/S.S. Yoga:</b> This innovative chair-based blend of physical activity enables older adults to take charge of their health and maintain an active independent lifestyle.
<b>Cardio Sculpt:</b> This class combines high and low impact cardiovascular exercises with resistance moves to give you a whole body workout in 55 minutes.	<b>Stability and Balance:</b> A Pilates-based workout that uses the stability ball to strengthen your core and to improve your balance.
<b>Cycling:</b> This comprehensive athletic training uses indoor cycling to challenge all levels. <b>Registration sign-in at the personal training desk is required as bikes are limited.</b>	<b>Tai Chi/Qijong/Fan/Sword:</b> Strengthen your spirit, mind and body through focused movement improving balance and reducing stress.
<b>Foam Rolling:</b> This class uses foam rollers to help loosen up muscles, increase flexibility and increase blood circulation. It is a self-myofascial release technique. <b>Please bring your own foam roller.</b>	<b>Tabata:</b> A type of high intensity interval training. This training protocol involves performing a particular exercise (or exercises) at high intensity for 20 seconds followed by 10 seconds of rest.
<b>HIIT:</b> HIIT (high intensity interval training) involves performing exercises in a series of brief, high-intensity bursts separated by lower-intensity periods of recovery. These classes are designed to provide cardio benefits in a shorter duration (40 minutes).	<b>Yoga:</b> Various disciplines of yoga are offered including Power, Vinyasa, Gentle and Hatha. Yoga improves balance and strength with focused breathing. <b>Mats are available, but feel free to bring your own personal mat.</b>
<b>Jujitsu (\$):</b> Japanese martial art of unarmed self-defense. This is a fee-based class and requires registration.	<b>Yoga Sculpt:</b> A focus on balance, core, abs, strength and flexibility for beginners. Cardio bursts and simple props like hand weights and floor sliders will be used. Strength training will be incorporated into traditional yoga poses.
<b>Kettlebell X-Training:</b> This class is designed to give fast results for cardio, strength, endurance and muscle toning by challenging the muscular and cardiovascular systems with dynamic body movements. <b>The sign-in registration is at the PT desk.</b>	<b>Zumba/Zumba Gold:</b> A high energy dance class that combines Latin rhythms of salsa, calypso, meringue, cumbia, reggae, samba and tango is a party atmosphere. Zumba Gold is for active older adults who are looking for a modified Zumba class at a lower intensity.

**Running Club:** Join Joe and other running enthusiasts for a workout outside our walls!

**Friday RUN with Joe: 9:30am-10:30am**