



Group Exercise Schedule YMCA Fairfax County Reston Winter: January 6th-March 1st

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 Caroline		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 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 Deborah			Tai Chi 11:00-11:55 Qijing
12:00-1:00P		Zumba 12:05-1:00 Deborah	Silver Sneakers 12:30- 1:15 Kathy B.	Gentle Yoga 12:00-1:25 Nelly		Zumba 12:05-1:00 Deborah	Silver Sneakers 12:30- 1:15 Jessie	Gentle Yoga 12:00-1:25 Jamilee		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		Silver Sneakers Yoga 1:30- 2:15 Dianne			
5:00-6:00P	\$TaeKwonDo 4:30-5:15 Linda	Pilates Power 5:30-6:25 Mimi	Body Strength 5:15-6:25 Jen	Youth Yoga 4:45-5:15 Tessa *Ages 5 & up	\$TaeKwonDo 4:30-5:15-Linda Kids' Athletic Conditioning 5:15-5:55 Asim *5 & up	PIYO 5:30-6:25 Caroline	Core & More 5:00-5:25 - Kristen Body Strength 5:30-6:25 Joe Webb			
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	\$ Ballroom Dancing 6:30-7:25 Lauren & Jonathan	Tabata 6:30-7:25 Joe Webb	Cardio Kickbox 6:30-7:25 Stephanie	Family Zumba 6:30-7:25 Ileana *Kid Friendly 11 & up	\$ Ballroom Dancing 6:30-7:30 Lauren & Jonathan
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				
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				\$ Jujitsu 10:30-12:30 Howard						
Studio B			Kickboxing 9:00-9:55 Lisa	Refit 10:00-10:55 Sarah	Tai Chi 11:00-11:55-Qijing Staff and Sword 12:00-12:25 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, 8, 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

Group Exercise Descriptions

Active Older Adults: Low impact workout for 55 years and older including flexibility, cardiovascular and strength conditioning.	Kids Athletic Conditioning: Children ages 8-12 will engage in cardiovascular conditioning, obstacle courses and sports conditioning games in a boot camp style class.
Barre: 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.	Pilates/Pilates Power: A total body workout to craft long, lean muscles. Pilates Power is an intermediate level class. Mats are available, but feel free to bring your own personal mat.
Body Strength: Body Strength is non-cardiovascular training that focuses on all major muscle groups using various modalities such as bands, weights, tubing, etc.	PIYO: A fast paced blend of Pilates and Yoga. This class strengthens and tones the body while promoting mindfulness and relaxation. Mats are available, but feel free to bring your own personal mat.
Boot Camp/X-Training: 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.	POUND: Designed for all fitness levels, this class allows participants to let loose, get energized, toned and rock out. Registration sign-in is at the personal training desk.
Cardio Interval: These classes focus on aerobic activities that increase cardiovascular performance on all levels through the use of various modalities; primarily performed in times intervals.	Refit: Each class is designed with the novice and expert in mind, and the "movement+music method" allows participants to feel successful the first time they walk through the doors. You'll have so much fun, you'll completely forget that you're working out!
Cardio Strength: This class combines high and low impact cardiovascular exercises with resistance moves to give you a whole body workout in 55 minutes.	Silver Sneakers/S.S. Yoga: This innovative chair-based blend of physical activity enables older adults to take charge of their health and maintain an active independent lifestyle.
Core and More: Strengthen your core, abdominals and more in this 25 minute express class.	Stability and Balance: A Pilates-based workout that uses the stability ball to strengthen your core and to improve your balance.
Cycling: This comprehensive athletic training uses indoor cycling to challenge all levels. Registration sign-in at the personal training desk is required as bikes are limited.	STRONG by Zumba: A combination of body weight moves, muscle conditioning, cardio and plyometric training (high knees, burpees, jumping jacks etc.) that interchanges with kickboxing, lunges and squats.
Generation POUND: Children ages 8-12 will use movement and music to improve focus, coordination, physical fitness and teamwork. Learn ways to explore movement, embrace creativity and rock out to build strength, confidence and self-awareness.	Tabata: 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.
HIIT: 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).	Tai Chi/Qijong/Fan/Sword: Strengthen your spirit, mind and body through focused movement improving balance and reducing stress.
Jujitsu (\$): Japanese martial art of unarmed self-defense. This is a fee-based class and requires registration.	Yoga: Various disciplines of yoga are offered including Power, Vinyasa, Gentle and Hatha. Yoga improves balance and strength with focused breathing. Mats are available, but feel free to bring your own personal mat.
Kettlebell X-Training: 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. The sign-in registration is at the PT desk.	Yoga Strength: 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.
Kickboxing: 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.	Zumba/Zumba Gold: A high energy dance class that combines Latin rhythms of salsa, calypso, meringue, cumbia, reggae, samba and tango in 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