

# Dulles South Fitness Schedule March 2020

EXERCISE STUDIO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		Southside Bootcamp 5:15-6:15am (15 max) Caleen		Southside Bootcamp 5:15-6:15am (15 max) Caleen	Southside Bootcamp 5:15-6:15am (15 max) Caleen			
	Southside Bootcamp 8:30-9:30am (15 max) Yvette	Body Sculpt Bootcamp 8:30-9:15am (15 max) Tamara	Full Body 8:30-9:30am (15 max) Amy	Body Sculpt Bootcamp 8:30-9:15am (15 max) Tamara	Southside Bootcamp 8:30-9:30am (15 max) Trish	Kettlebell Basics 8:15-9:15am (12 max) Thavy		
	Pilates 9:45-10:45am (18max) Adele	Barre 9:30-10:25am (15 max) Tamara		Barre 9:30-10:25am (15 max) Tamara	Pilates 9:45-10:45am (18 max) Adele		Cardio Kickboxing 9:00-9:45am (15 max) Christina	
		Power Up Barre 10:35-11:30am (15 max) Tamara	Pound 10:00-10:45am (15 max) Maryanne	Barre 10:35-11:30am (15 max) Tamara	Strength and Sculpt 11:15-11:45am (15 max) Mitch		Strong by Zumba 10:15-11:15am (15 max) Yon	
	Strength and Sculpt 11:15-11:45am (15 max) Mitch		Strength and Sculpt 11:00-11:45am (15 max) Tamara		Strength and Sculpt 11:50-12:20pm (15 max) Mitch	Zumba 11:30a-12:30pm (20 max) Maribel	Zumba 11:30-12:30pm (20 max) Yon	
	Strength and Sculpt 11:50-12:20pm (15 max) Mitch	Lunchtime HIIT 12:00-12:30pm (15 max) Mitch	Barre 12:00-12:45pm (15 max) Tamara	Lunchtime HIIT 12:00-12:30pm (15 max) Mitch				
	Lunchtime HIIT 12:30-1:00pm (15 max) Mitch	Lunchtime HIIT 12:35-1:05pm (15 max) Mitch		Lunchtime HIIT 12:35-1:05pm (15 max) Mitch	Lunchtime HIIT 12:30-1:00pm (15 max) Mitch			
	Zumba 5:30-6:25pm (20 max) Jenny C.	Southside Bootcamp 5:15-6:10pm (15 max) Yvette	Zumba 5:30-6:25pm (20 max) Jenny	Strong by Zumba 5:15-6:15pm (15 max) Mariam	BollyX 5:30-6:30pm (20 max) Beenish		REFIT 5:00-6:00pm (15 max) Mary-Ann	
	SCore! 6:45-7:25pm (12max) Kati	Core Cardio 6:20-7:15pm (15 max) Kelly N.	SCore! 6:45-7:25pm (12max) Kati	Core Cardio 6:20-7:15pm (15 max) Kelly N.	Strong by Zumba 6:45-7:45pm (15 max) Mariam			
		Kettlebell Basics 7:30-8:25pm (12 max) Thavy	Run,Walk,Yoga-Move Into a New You for 2020 7:15-8:30pm (18 max) Trish					

DANCE STUDIO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		Vinyasa 8:30-9:25am (18 max) Kerri		Vinyasa 8:30-9:25am (18 max) Kerri		Zumba 8:15-9:15am (20 max) James		
	Zumba 9:00-9:50am (20 max) MaryAnn	Pilates 9:30-10:25am (18 max) Kerri	Zumba 9:00-9:50am (20 max) Maryanne	Pilates 9:30-10:25am (18 max) Kerri	Zumba 9:00-9:50am (18 max) Angela		Barre 8:45-9:45am (18 max) Trish	
	Yoga Basics 10:00-10:50am (18 max) Kristen	Rehab/ Restore- Stretch 10:30-11:45am (15 max) Kerri	Yoga Basics 10:00-10:55am (18 max) Kerri	Rehab/ Restore- Stretch 10:30-11:45am (15 max) Kerri	Yoga Basics 10:00-10:55am (18 max) Trish	Stretch and Strength 9:45-10:45am (18 max) Trish	Pilates 9:55-10:55am (18 max) Trish	
	Vinyasa 11:00-11:55am (18 max) Kerri		Vinyasa 11:00-11:55am (18 max) Kerri		HIIT Yoga 11:00-11:55am (18 max) Trish	Abs and Assets 11:00-11:30am (18 max) Trish	Stretch and Strength 11:05-12:05pm (18 max) Trish	
	Rehab/Restore-Strength 12:00-12:55pm (15 max) Kerri	Gentle Yoga 12:00-1:15pm (18 max) Jody	Rehab/Restore- Strength 12:00-12:55pm (15 max) Kerri	Gentle Yoga 12:00-1:15pm (18 max) Jody	Vinyasa 12:00-12:55pm (18 max) Kerri	Yoga Pilates Fusion 11:35a-12:35pm (18 max) Trish		
				Hiit Fusion 5:00-5:45pm (18 max) Trish	<div style="border: 2px solid blue; padding: 5px; text-align: center;"> <p><b>3rd Annual Leprechaun Family Run</b></p> <p><b>FREE EVENT MARCH 14</b></p> <p><b>Activity # 305805-02</b></p> </div>		Hatha Yoga 5:00-6:15pm (18 max) Jody	
	Flow and Restore 5:30-7:00pm (18 Max) Jody	BollyX 6:00-7:00pm (20max) Beenish	Flow and Restore 5:30-7:00pm (18 Max) Jody	Pound 6:15-7:00pm (18 max) Maryanne				
Zumba 7:15-8:15pm (20 max) Yvette	Dance Fit 7:15-8:15pm (20 max) Kelly		Dance Fit 7:15-8:15pm (20 max) Kelly					

BANQUET	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycle 9:45-10:45am (21 max) Liz		Cycle Express 9:45-10:30am (21 max) Amy		Cycle 9:45-10:45am (21 max) Kati	Cycle 8:30-9:30am (21 max) Mike	Cycle 10:00-11:00am (21 max) Christina
Cycle 5:30-6:30pm (21 max) Kati	Cycle 6:30-7:30pm (21 max) Mike *no class 3/03	Cycle 5:30-6:30pm (21 max) Kati	Vinyasa 6:00-7:00pm (20 max) Trish		Cycle 10:00-11:00am (21 max) Kati		

AQUA	Monday	Tuesday	Wednesday	Thursday	Friday
				Water Fit 8:30-9:20am Kristen	
	Water Fit 9:30-10:20am Stacy	Strong [Water] 9:30-10:20am Stacy	Water Fit 9:30-10:20am Kristen	Strong [Water] 9:30-10:20am Kristen	Water Fit 9:30-10:20am Stacy
	Water Yoga/Pilates 11:00-11:50am Adele	Water Yoga 9:30-10:20am Tracey	Water Yoga 9:30-10:20am Tracey	Water Pilates 9:30-10:20am Tracey	Arthritis Swim 9:30-10:20am Kristen
		Water Pilates 10:30-11:20am Tracey	Water Pilates 10:30-11:20am Tracey	Water Yoga 10:30-11:20am Tracey	Water Walking/Running 10:30-11:20am Stacy
		Active Aging Aqua Workout 11:30-12:20pm Andrea		Deep Water Workout 11:30-12:20pm Andrea	
	Water Fit 6:00-6:50pm Tony		Water Fit 6:00-6:50pm Tony		

Classes held in  
the Competition  
Pool

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Classes held in  
the Leisure Pool

V.02/27/2020



## Cardio, Core, and Strength

**Abs and Assets**—Put your Abs and Glutes to the test in this fiery 30-minute class. You will feel the burn and push your limits.

**Body Sculpt**—A total body and conditioning class using free weights, body bars, bands and your own body weight. Great for beginner to advanced.

**Cardio Kickboxing** - Combines martial arts techniques with fast-paced cardio. This high energy workout helps build stamina, improve coordination, and burn calories!

**Core Cardio**— Strengthen your heart and your core. This class incorporates exercises that will get your heart rate up to burn calories ,and exercises that will strengthen your core muscles.

**Cycle**— Work on building your muscular and cardio endurance while rockin' it out to your favorite music! Sprint and climb while navigating high intensity intervals.

**Full Body**- Full Body incorporates exercises to engage upper and lower body, as well as core. Working cardio, strength and balance, this class will give you a Full Body workout. This class is perfect for any fitness level !

**HIIT Fusion**— A hard cardio routine that integrates calorie blasting plyometric moves , muscle building strength moves, and even yoga-type stretches.

**Kettlebell Basics (all levels)** - This is a kettlebell centered class aimed to improve your posture, mobility, core stability and functional strength necessary to perform daily activities and engage in sports while minimizing your risk for injury. You will learn fundamental movement patterns and kettlebell skills such as squat, deadlift, clean and military press with emphasis on proper form and technique.

**Lunchtime HIIT**—Burn calories on your lunch break with this 30-minute high intensity class. Pro-Tip: Don't eat lunch before the class!

**Pound**—A rocking good work out! Using drum sticks, your instructor will lead you through a heart pumping session where you will tone and burn calories.

**Power Up Barre** -Barre exercises on or off the barre with low or high cardio moves to improve your endurance. Ab exercises will also be done on the mat or at the barre.

**Run, Walk, Yoga...**Move into a New You – Whether you are a novice runner/jogger, seasoned marathoner, walker extraordinaire, or just want a new way to workout, this class is for you. We will be meeting on the track and MOVING at your own pace for 50 minutes, on your own or buddy up! The end of the class is dedicated to stretching with yoga poses focusing on large muscles groups used to run/walk.

**SCore!**– This 40minute class is designed to strengthen core muscles including abs, glutes, and back through a variety of dynamic and isometric exercises set to fun music. It will culminate in 10 minutes of restorative stretching to improve flexibility and help prevent injury.

**Southside Bootcamp**— Join this fast paced class that is scalable to all fitness levels. The focus is on increasing strength and endurance training.

**Stretch and Strength**—A full body strength and core conditioning class utilizing a variety of exercises and equipment. This class will begin with targeting every muscle group while maintaining proper posture and technique, followed by floor work, and a complete body stretch.

**Strength and Sculpt**— This dynamic class will utilize different training methods to tone and strengthen your muscles. Every minute is utilized in this class to increase caloric burn and show results.

**Strong by Zumba**—A revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. NOT A DANCE CLASS!

## Mind and Body

**Barre**—A total body workout that is designed to strengthen, stretch, and tone muscles using the barre. This class will also use some light handheld weights to help to give you a more toned physique. Please bring a Yoga mat.

**Flow and Restore**—A fusion of Vinyasa and Restorative yoga, resulting in a practice that will leave you both peaceful and renewed. This class begins with an easeful flow to unwind the body and ends with a quiet restorative sequence with a deliciously long savasana. Whether you are recharging for the week ahead or looking for a mid-week break, you do not want to miss this class!

**Gentle Yoga**—"Easy does it." This class is ideal for anyone wanting a slower paced class. We will be gently opening and strengthening the body, connecting with our breath, and calming the mind. Great way to reset yourself for the rest of the day. Please bring a Yoga mat.

**Hatha Yoga**-Hatha Yoga consists of the classic sun salutation, held postures, breathing practices, meditation, and a guided deep relaxation. You will learn how to balance effort and ease allowing you to discover the optimal flow of energy to achieve greater flexibility, strength, poise, and mental focus. Students are encouraged to explore each posture at their own pace without strain or judgment, always honoring the body. This class is designed for all levels.

**Pilates**—Through its focus on deep core strengthening, Pilates can help to improve posture, core strength, and balance. Great for beginner through advanced.

**Rehab/Restore Strength**— Designed for practitioners of all levels who are rehabilitating from an injury or have chronic pain. Classes offer gentle strength-based postures with individualized attention to help restore movement, stability, strength, and flexibility to joints, muscles and connective tissue. Please bring a Yoga mat.

**Rehab/Restore Stretch**— Designed for practitioners of all levels who are rehabilitating from an injury or have chronic pain. Classes offer gentle stretching with individualized attention to help restore movement and flexibility to joints, muscles and connective tissue. Please bring a Yoga mat.

**Vinyasa**—A flowing, creative, and dynamic sequence of poses that use breath to connect one pose to the next. Classes encourage practitioners of all levels to cultivate flexibility, strength, balance, and resilience.

**Yoga Basics**—Helps to build a strong foundation for your yoga practice. Classes focus on individualized attention to alignment while increasing flexibility, strength, and balance. Please bring a Yoga mat.

**Yoga Pilates Fusion**—A fusion blend of yoga, Pilates and fitness conditioning in a full-body workout that challenges strength, balance and flexibility while increasing stamina and focus. Please bring a Yoga mat.

## Dance

**BollyX**—A dance party driven by the heart pumping rhythms of Bollywood. Dynamic choreography mixed with HIIT.

**Dance Fit**—A hi-lo impact dance class with Latin style. Learn Salsa, Samba, Merengue and more while getting a great workout.

**REFIT**– A "movement plus music " experience that adds resistance - training elements to give you a total body workout. Approximately 600-800 calories are burned within a 1 hour workout. Easy to learn movements, inspiring music & a family- friendly environment for everybody!

**Zumba**—A dance party with high-tempo music and the latest dance moves from Salsa, Samba, Merengue and hip-hop, this class is guaranteed to whip you into shape and energize your day.

## Aquatics

**Active Aging Aqua Workout**- While using water's buoyancy and resistance, this fun-filled class takes place in the competition pool and focuses on building strength, balance, and endurance to help improve your overall range of motion, joint mobility and muscle strength.

**Arthritis Swim**—Uses exercises approved by the Arthritis Foundation, includes walking, gentle stretching, flexing, extension, and range-of-motion to increase quality of life. Join us in the shallow water of the Leisure Pool.

**Deep Water Workout**-Take the plunge for a no-impact workout. An excellent full body workout that will use a variety of deep water exercises to build strength, agility and balance while maximizing deep-water resistance using aqua equipment. All students wear a flotation device.

**Strong [Water]**—Have fun in this challenging 50 minute class. Your instructor will lead you through different intervals using a variety of equipment to increase your cardiovascular endurance and overall strength.

**Water Fit**—This is a fun, fast-paced water class that combines cardio, core, and strength all while using the water's resistance to create a low impact all-levels workout in the Competition Pool.

**Water Pilates**— Pilates in the Leisure Pool! Your favorite Pilates routines in the water. This class will include a series of movements which will stabilize and strengthen your core to sculpt long, strong muscles while also increasing flexibility and improving posture.

**Water Walking/Running**—Looking for a safer, more comfortable alternative to walking outside? Join us in the Competition Pool for a non-impact cardio format utilizing different ways of traveling across the pool vertically. Improve your balance, coordination, and cardiovascular endurance. Tone your muscles and mind without regard to the weather outside! Bring your walking buddies!

**Water Yoga**—Classes take place in the Leisure Pool. Take your land-based yoga movements into the water. This class is a relaxing mix of stretching, balance, and strength movements.