

South Run RECenter

Parktakes Outdoor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Outdoor Cycle Spin</u> Dempsey 5:30 am Outside Vestibule KUS.9070	<u>Outdoor Boot Camp</u> Wendy 7:00 am Pool Deck 6YY.MOLA	<u>Outdoor Cycle Spin</u> Dempsey 5:30 am Outside Vestibule KUS.SSGO	<u>Outdoor Boot Camp</u> Wendy 7:00 am Basketball Court 6YY.6UE4	<u>Outdoor Cycle Spin</u> Dempsey 5:30 pm Outside Vestibule KUS.CASV	<u>Outdoor Cycle Spin</u> Paula 8:00 am Outside Vestibule KUS.HWAF
<u>Outdoor Boot Camp</u> Laurie 8:30 am Pool Deck 6YY.CQAJ	<u>Outdoor BODYCOMBAT</u> Jennifer 6:30 pm Pool Deck ZQR.7KSZ	<u>Outdoor Boot Camp</u> Gail 7:00 am Pool Deck 6YY.9038	<u>Outdoor Pilates</u> Laurie 6:15 pm Grass Behind RECenter VR7.C0A9	<u>Outdoor Cycle Spin</u> Dempsey 6:30 pm Outside Vestibule KUS.7SK1	<u>Outdoor Yoga</u> Debra 8:00 am Pool Deck KS3.1WQ8
<u>Outdoor Cycle Spin</u> Dempsey 6:30 pm Outside Vestibule KUS.UMZN	<u>Outdoor Mat Fusion</u> Brenda 7:00 pm Pool Deck EMS.MGDG	<u>Outdoor Cycle Spin</u> Bernadette 6:30 pm Outside Vestibule KUS.SQHM	<u>Outdoor H.I.I.T.</u> Anne 7:15 pm Concrete Slab by Field EP6.HROF		<u>Outdoor Yoga</u> Debra 9:00 am Pool Deck KS3.EH5N
<u>Outdoor H.I.I.T.</u> Francesca 7:00 pm Pool Deck EP6.0LSB		<u>Outdoor Boot Camp</u> Anne 7:00 pm Pool Deck 6YY.Z6EI			<u>Outdoor Running for Fitness</u> Ellen 8:30 am Trails EC2.T47N
<u>Outdoor Yoga</u> Debra 7:30 pm Pool Deck KS3.N5V7		<u>Outdoor Yoga</u> Michael 8:00 pm Pool Deck KS3.H83Q			

Outdoor fitness classes are now open for registration. Links in this document will take you directly to the class registration page.

Classes will begin the week of Saturday 6/27/2020 - Friday 7/3/2020.*

For assistance with registration, call (703) 222-4664.

For specific questions regarding our classes, email the Fitness Director: Laurie.Strickland@fairfaxcounty.gov

*Some exceptions apply, classes with an asterisk after the title will start after 7/3/20. Follow the link for specific start dates.



For accommodations, contact Inclusion and ADA Support at (703)324-8563. TTY Va. Relay 711.

www.fairfaxcounty.gov/parks/accessible