

DROP-IN EXERCISE CLASS SCHEDULE

SCHEDULE EFFECTIVE FROM TUESDAY, SEPTEMBER 6TH - SUNDAY, DECEMBER 18TH

MON.	TUE.	WED.	THR.	FRI.	SAT.	SUN.
	 ZUMBA fitness 6:00-7:00am		 ZUMBA fitness 6:00-7:00am			
Body Blaster 9:10-10:10am	Cardio-Sculpt Interval 9:30-10:30am	Body Blaster 9:10-10:10am	 aqua ZUMBA 7:30-8:30am	Fit Mix 9:10-10:10am		 LES MILLS BODYCOMBAT 9:00-10:00am
	 ZUMBA gold 11:00am-12:00pm		Cardio-Sculpt Interval 9:30-10:30am		 LES MILLS BODYPUMP 10:15-11:15am	
	Ab Express 12:15-1:00pm		Ab Express 12:15-1:00pm		 ZUMBA fitness 11:30am-12:30pm	
	 ZUMBA fitness 5:30-6:30pm		 ZUMBA fitness 5:30-6:30pm			
 ZUMBA fitness 5:30-6:30pm	 LES MILLS BODYCOMBAT 5:30-6:30pm	 ZUMBA fitness 5:00-6:00pm	 LES MILLS BODYCOMBAT 5:30-6:30pm	 ZUMBA fitness 5:30-6:30pm	» Instructors subject to change during the season. » Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates. See page 33, of the Fall 2016 Programs & Events Brochure for details on becoming a pass holder. » Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300. » Some classes may reach capacity or have limited specialty equipment available. » Please consult your doctor prior to starting any exercise program. » Drop-In Exercise classes are designed for age 16 & up. » Please do not enter a class if arriving more than ten minutes past the scheduled start time.	
 LES MILLS BODYPUMP 6:40-7:40pm	 LES MILLS BODYPUMP 6:40-7:40pm	 LES MILLS BODYPUMP 6:00-7:00pm	 LES MILLS BODYPUMP 6:40-7:40pm			
 ZUMBA fitness 6:45-7:45pm	 ZUMBA fitness 7:50-8:50pm	 ZUMBA fitness 7:10-8:10pm				

**AQUA ZUMBA® Class Requires Pre-Registration

DROP-IN EXERCISE CLASSES

Abs Express

Abs Express is a half hour intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick but challenging workout into your busy day and is appropriate for all fitness levels. **No Class 11/8, 11/24.**

Body Blaster

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.



BODYCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. **No Class 9/18, 10/9, 11/24, 12/4.**



BODYPUMP™

BODYPUMP™ is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own! **No Class 10/8, 11/8, 11/24, 11/25, 12/10.**

Cardio/Sculpt Interval (CSI)

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls. **No Class 11/8, 11/24.**

FitMix

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness. Slowly flowing from one exercise to the next and ending with an extended cool-down. It's a perfect recipe for a healthy body and mind. **No Class 11/25.**

Blackout dates are subject to change.



ZUMBA®

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers. **No Class 9/30, 10/8, 10/28, 11/8, 11/24, 11/25, 12/10.**



Aqua ZUMBA® Age 16 & up

For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua ZUMBA® blends the ZUMBA® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua ZUMBA® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. ****This is a registration-only class.****



ZUMBA® Gold Age 45 & up

ZUMBA® Gold is ideal for active adults who are looking for a modified ZUMBA® class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! **No Class 11/8.**

NOTE: Thursday night and Saturday morning ZUMBA® is open to kids 12 and up with adult supervision.

FRIDAY, OCTOBER 21
7:30-9:00PM
AGE 16 & up

Join us as we go 80's old skool. Come in your best 80's outfit and dance with the most excellent instructors to some rad 80's tunes! **Costume Prizes, Refreshments, Door Prizes. Totally! 226830.50**

Register early and get discounted admission. Price goes up to \$15 at the door.



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