

DROP-IN EXERCISE CLASS SCHEDULE

SCHEDULE EFFECTIVE FROM SATURDAY, DECEMBER 17* - MONDAY, JANUARY 2

MON. 12/19		Body Blaster 9:25-10:25am <i>Jane</i>		 5:30-6:30pm <i>Jami</i>	 6:40-7:40pm <i>Colette</i>
TUE. 12/20	 6:00-7:00am <i>Carol</i>	Cardio-Sculpt Interval 9:30-10:30am <i>Katie</i>	Ab Express 12:15-1:00pm <i>Katie</i>	 5:30-6:30pm <i>Lauren</i>	 5:30-6:30pm <i>Lendys</i>
WED. 12/21		Body Blaster 9:25-10:25am <i>Jane</i>		 5:00-6:00pm <i>Jami</i>	 6:00-7:00pm <i>Colette</i>
THR. 12/22		Cardio-Sculpt Interval 9:30-10:30am <i>Katie</i>	Ab Express 12:15-1:00pm <i>Katie</i>	 5:30-6:30pm <i>Lauren</i>	 5:30-6:30pm <i>Kinga</i>
FRI. 12/23				 5:25-6:25pm <i>Stacie</i>	
SAT. 12/24 SUN. 12/25 NO CLASSES					
MON. 12/26					 6:40-7:40pm <i>Colette</i>
TUE. 12/27				 5:30-6:30pm <i>Lauren</i>	
WED. 12/28	Body Blaster 9:25-10:25am <i>Jane</i>				 6:00-7:00pm <i>Tracey</i>
THR. 12/29	Cardio-Sculpt Interval 9:30-10:30am <i>Colette</i>				 5:30-6:30pm <i>Kinga</i>
FRI. 12/30				 5:25-6:25pm <i>Stacie</i>	
SAT. 12/31 SUN. 1/1 NO CLASSES					
MON. 1/2				 5:30-6:30pm <i>Cynthia</i>	

» Instructors subject to change.

» 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 the Fall 2016 Programs & Events Brochure for details on becoming a pass holder.

» **EVENING ONLY Kid Care 12/19-12/23. NO KID CARE FROM 12/25-1/1. 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.

THIS SCHEDULE may change. Please check online for the most up-to-date classes.

*Saturday 12/17 - Zumba with Stacie will be held at 11:30am-12:30pm & BODYPUMP is cancelled. There will be no class on 12/18.

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.

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.



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!

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.



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 2/24.**

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

Inclement Weather Policy

Please call the Parks and Recreation Inclement Weather Line for program/class cancellations at 703-435-6866. All classes and programs starting before 3:00pm are cancelled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3:00pm or later, a decision will be made by 1:00pm that day. When Fairfax County schools have a delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes being held, call the weather line.



Town of Herndon
Parks and Recreation
PO Box 427
Herndon, VA 20172-0427
herndon-va.gov/recreation
703-787-7300