

**Class entry is limited to the first 5 minutes.**

**\*\*Class format, times and instructors are subject to change without notice\*\***

**Text the word "Dale" to 703-382-6716 for Facility updates and Center closures**

## LAND CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:15am <b>Body 360°</b> Fareed Minigym	7:00-7:55am <b>Band and Things</b> (Glutes & Abs) Alicia Minigym	8:30-9:15am <b>Body 360°</b> Fareed Minigym	7:10-7:55am <b>Relaxed Relief</b> (myofascial release) Andrea 101	7:15-8:10am <b>Fire &amp; Flow Yoga</b> Andrea 101	8:30-9:15am <b>Spinning®</b> Alicia Minigym	3:00-3:55pm <b>Zumba Toning®</b> Reta Minigym
8:30-9:25am <b>Yoga</b> Kristy 101	8:00-8:55am <b>Yoga</b> Kathy 101	8:30-9:25am <b>Yoga</b> Patricia 101	8:00-8:55am <b>Bands and Things</b> Fareed 101	8:30-9:25am <b>Functional Bodies</b> Barre Eyan 101	8:30-9:15am <b>Yoga</b> Zainab 102	
9:30-10:25am <b>Zumba®</b> Reta Minigym	8:30-9:25am <b>Afro-Brazilian</b> Eyan Minigym	9:30-10:25am <b>Zumba®</b> Patricia Minigym	8:30-9:25am <b>Afro-Brazilian</b> Eyan Minigym	9:00-9:55am <b>Total Body Strength &amp; Conditioning</b> Alicia Minigym	9:30-10:45am <b>Body 360°+</b> Joey Minigym	
9:30-10:15am <b>Chair Yoga</b> Zainab 101	9:00-9:55am <b>Zumba Toning®</b> Laura 101	9:30-10:15am <b>Chair Zumba®</b> Reta 101	9:30-10:15am <b>Chair Pilates</b> Zainab 101	9:30-10:25am <b>Pure Stretch</b> Eyan 101	9:30-10:15am <b>Yoga</b> Zainab 102	
10:30-11:25am <b>TRX® RIP Fusion</b> Fareed Minigym	9:30-10:25am <b>Pure Stretch</b> Eyan Minigym	10:30-11:25am <b>Pilates MOTR/BARRE</b> Carmen 101	9:30-10:25am <b>Barbell Zone</b> Kathy Minigym	10:30-11:45am <b>Gentle Yoga &amp; Meditation</b> Zainab 101		
5:00-5:45pm <b>Total Body Strength</b> Emily Minigym	10:40-11:30am <b>Pilates Fusion</b> Claudia Minigym	5:00-5:45pm <b>Spinning®</b> Lee Minigym	10:30-11:25am <b>Zumba®</b> Reta Minigym	4:45-5:40pm <b>Chair Yoga</b> Kristy 102		
6:00-6:55pm <b>Yoga</b> Kristy Annex 1	11:35-12:30pm <b>Yoga</b> Claudia Minigym	5:00-5:45pm <b>Wall Pilates</b> Zainab Annex 1	10:35-11:30am <b>Pilates Mat</b> Kathy 101	<b>AQUA CLASS GUIDELINES</b> To ensure fairness to all Aqua Group Fitness customers (while we host additional classes) please review the following pool class guidelines: <b>Each customer may attend <u>one</u> (1) aqua class per day</b> <i>*limited Space in pool*</i> <b>First come, first served until tickets are gone.</b> Tickets for the 8am class will be available at <b>7:30AM</b> Tickets for the 9am class will be available at <b>8:30AM</b> Please only ask for a ticket for yourself. <b>Customers may <u>not</u> collect tickets on behalf of others.</b> After your class ends, kindly exit the pool class area to allow for the next class to enter. <b>Thank you for your cooperation and commitment to a respectful and safe fitness environment.</b>		
6:00-6:55pm <b>Xtreme® Hip Hop Step</b> Simone Minigym	5:00-5:55pm <b>Xtreme® Duo (Burn &amp; XHH)</b> Simone Minigym	6:00-6:45pm <b>Guided Meditation w/Sound Bath</b> Cory Annex 1	5:30-6:25pm <b>Zumba®</b> Laura Minigym			
7:00-7:55pm <b>BARRE</b> Simone Minigym	5:30-6:25pm <b>Vinyasa Yoga</b> Casey Annex 1	6:00-6:25pm <b>Xtreme® Hip Hop Step (The Uptake)</b> Simone Minigym *Advanced	6:15-7:25pm <b>Yoga, Mantra &amp; Meditation</b> Pamela Annex 1			
	6:00-6:55pm <b>Zumba®</b> Reta Minigym	6:30-7:25pm <b>Xtreme® Hip Hop Step</b> Simone Minigym	6:30-7:25pm <b>Total Body Strength Circuit</b> Joey Minigym			
	7:00-7:55pm <b>TRX® Battle ropes blend</b> Fareed Minigym					

**Drop-in rate for open schedule classes is  
\$12 per class**

most up-to-date information, check out our online  
schedule at: [pwcparcs.info/group-fitness](http://pwcparcs.info/group-fitness)



**PRINCE WILLIAM**  
Parks & Recreation

## AQUA CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am <b>Deep Fit</b> Ginger <b>Deep class</b>	8:00-8:45am <b>Aqua Variety</b> Ginger <b>Deep or Shallow class</b>	8:00-8:45am <b>Aqua Zumba®</b> Reta/Cecilia <b>Shallow class</b>	8:00-8:45am <b>Aqua Zumba®</b> Laura <b>Shallow class</b>	8:00-8:45am <b>Aqua Bootcamp</b> Ann/Julie <b>Shallow Class</b>		
9:00-9:45am <b>Aqua Zumba</b> Cecilia <b>Shallow class</b>	9:00-9:45am <b>Aqua Variety</b> Ginger <b>Deep or Shallow class</b>	9:00-9:45am <b>Aqua Flow</b> David <b>Shallow class</b>	9:00-9:45am <b>Aqua Zumba</b> Reta <b>Shallow class</b>			

### LAND-CARDIO

**AFRO-BRAZILIAN** Hi-energy class combining African, Brazilian, and Caribbean dance moves.

**CHAIR ZUMBA®** high-tempo music and chair-based choreography to strengthen, balance and stabilize your core, step up your cardio work in a fun way.

**SPINNING®** 45-minute cycling class with an emphasis on intensity, strength and/or endurance.

**XTREME DUO (Xtreme Burn & Xtreme Hip Hop Step)** Xtreme has met its match! Expand your cardio platform by taking this Xtreme Duo Class (Xtreme Burn + Xtreme Hip Hop Step). Energetic, Fun, Easy to Follow movements combined with basic step aerobics!

**XTREME BURN** is a cardio and core class that combines low to high impact and intensity of movements, no equipment or step required! This class is unlike any other Burn format and is energetic and fun to follow.

**XTREME HIP HOP STEP** – a revamp of traditional step aerobics with fun routines set to old and new school hip hop, it makes you want to get up and move! All Fitness levels welcome!

**XTREME HIP HOP STEP (The Uptake)** – 25 min Xtreme Hip Hop Step class for those that are ready to take their existing skills to the next level. This class is an **\*ADVANCED** level class and is recommended for seasoned participants of Xtreme Hip Hop Step.

**ZUMBA®** is a dance-based fitness class that uses a fusion of Latin and International rhythms with easy-to-follow moves.

**ZUMBA TONING®** Combination class of Zumba Toning and Zumba. Zumba Toning. Incorporates light weight, upper body resistance and body weight exercises with dance in an energetic party atmosphere.

### LAND CARDIO/STRENGTH

**BODY 360°** – This class will increase your maximum strength and power with traditional and non-traditional exercises by using a variety strength equipment and unique bodyweight movements. Burn, sweat, tighten, and melt your body in this muscle sculpting, calorie burning, intense workout!

**BODY 360°** + 15 additional mins added to the existing BODY 360° for more core work!

### TBS&C\* (Total Body, Strength & Conditioning)

class using a variety of resistance equipment with functional based, corrective exercise.

### LAND STRENGTH

**BANDS AND THINGS** is a **moderate intensity**, total body resistance training class using primarily bands. The focus is greater muscle stimulus ideal for rehabilitation, stretching & mobility. This class will help to maintain strength and muscle mass without overdoing it.

**BANDS AND THINGS - GLUTES & ABS** This class is strategically engineered to strengthen and lift your greatest asset while also toning your core using your bodyweight along with band. You will use isometric movements which will lift your seat, tone your thighs and sculpt your abs.

**BARBELL ZONE** A high energy choreographed barbell class that is a total body strength training workout. This class challenges all your major muscle groups and all fitness levels are welcome.

**TOTAL BODY STRENGTH** Class focused on working muscular strength and endurance from head to toe. This resistance training class uses a variety of equipment including dumbbells, barbells, tubing, bands and more! New to strength training? No problem! You can also just use your body weight! Experienced weightlifter? This class is for you as well! Come challenge your body, move those weights, and hit a new personal best!

**TOTAL BODY STRENGTH CIRCUIT** This high energy circuit training class alternates between various strength and core exercise stations for time - using a variety of equipment including dumbbells, barbells, tubing, bands and much more! This class is for all skill levels!

**TRX® BATTLE ROPE BLEND** - A power packed 55 min blending TRX® suspension Training along with Battling ropes training to increase full body strength and heart rate conditioning training.

**TRX®/RIP FUSION** traditional TRX suspension training combined with the RIP trainer, a lever bar and resistance cord that provides a mix of rotational movements, core stability, control, power, strength, mobility, metabolic conditioning, balance, and coordination challenges. You will move through all 3 planes of motion for an incredible workout.

### LAND MIND BODY

**BARRE** – an energizing and low impact workout combining ballet-inspired moves with elements of Pilates, dance, yoga, strength training and flexibility designed to sculpt and stretch your entire body.

**CHAIR PILATES** - is a gentle, low-impact, full-body seated workout that helps to promote joint mobility, deep core and muscle strength, increased flexibility while using the basic Principles of Pilates (Breath, Concentration, Control, Precision, Centering and Flow)

**CHAIR YOGA** – Eliminates the challenge of getting down onto the floor or doing standing poses.

**FIRE & FLOW YOGA** - Fire up your morning with an energizing yoga flow! We will sync together, breath and movement, flowing from one yoga pose to the next, creating space for you to explore, build and increase your strength while igniting your inner fire!

**FUNCTIONAL BODIES BARRE** The influences of ballet training, yoga and Pilates fused together in a 55 min class.

**GENTLE YOGA & MEDITATION** 45 mins of gentle yoga followed by 25 mins of meditation.

**GENTLE YOGA** Designed for beginners and those who need to approach the restorative movements of yoga at a slower, more controlled, slower pace.

**GUIDED MEDITATION WITH SOUND BATH**- Practice meditation to help train attention, awareness and achieve a mentally clear, emotionally calm and stable state. Together with the sound of sonic vibrations therapy, which can stimulate the brain, this class may help to balance and rebuild the body, reducing anxiety and improving sleep quality.

**MEDITATION** basic meditation techniques that will help you develop home practice. Classical mindfulness techniques are used to develop these skills.

**PILATES FUSION** Pilates Mat with a splash of Functional Bodies and Barre to promote functional movement.

**Pilates MOTR®/BARRE** The influences of ballet training, yoga and Pilates fused together with (**Motion on the Roller**) this multifunctional fitness class trains your body in several components of fitness including – strength- balance, coordination - flexibility & attempt to improve the functional properties of the muscular connective tissues in the human body

**PURE STRETCH** A stretching class that helps to heal troubled muscle areas. Stretching is gentle, specific and focused.

**Relaxed Relief (myofascial release)** -Using therapy rounds, foam rollers and yoga blocks, learn how to help alleviate pain in tight muscles, improve mobility, and enhance well-being by focusing on the fascia—the body's connective tissue. You'll gain insights into fascia & anatomy and learn effective stretching and pressure methods.

**VINYASA YOGA** Flow yoga class that strings postures together so that you move from one pose to another seamlessly, using your breath.

**WALL PILATES** New to Pilates and not sure where to start? Try Wall Pilates! Join this mind-body class that works to connect the brain and muscles through the Principles of Pilates. Learn variations and modifications of the traditional Pilates Mat exercises by using the wall to assist in improving body alignment, balance, deep core muscle activation and joint stability. Suitable for individuals of varying fitness levels

**YOGA** – Work on your flexibility/strength, plus meditation! All levels welcome!

**YOGA, MANTRA & MEDITATION** - Expand your yoga and meditation practice by adding mantra. In the same way that music can uplift your mood, mantra lifts the mood & creates focus through sound vibration. No prior experience is necessary.

### AQUA

**AQUA BOOTCAMP** An intense interval workout that is a total body workout. **This class is held in the Shallow end of the pool.**

**AQUA FLOW** -Strength/toning, balance, flexibility, light cardio in shallow water. **This class is held in the Shallow end of the pool.**

**AQUA VARIETY** offers a variety of cardiovascular and muscular strengthening exercises. Burn calories and strengthen from the core outward without the stress of weight-bearing. **Buoyancy equipment is available for use in the deep end of the pool. \*May also use shallow end, if preferred**

**AQUA ZUMBA®** Join in on the "pool party" bringing flavor to the water as you move to music from all over the world in this cardiovascular and total body conditioning class that is exhilarating and fun. **This class is held in the shallow end of the pool.**