# Sharron Baucom Dale City Recreation Center

**GROUP FITNESS OPEN SCHEDULE**

*Effective October 12, 2015*

6 & 12 month passes are available 30-Day Pass Rate = $60; Drop-in Rates = $10 per class

---

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>• CLASSES ARE SUBJECT TO CHANGES WITHOUT NOTICE!</td>
<td>• LOG ON TO <a href="http://www.PWCPARKS.ORG">www.PWCPARKS.ORG</a> FOR SCHEDULE INFO AS WELL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPINNING 9am</td>
<td>SPINNING 9am</td>
<td>POWER YOGA 9am (90 min)</td>
<td>INSANITY® 8:30am</td>
<td>BOOT CAMP 8am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>STRENGTH ZONE 8:30am</td>
<td>KETTLEBELL 8:30am</td>
<td>DEEP CORE 8:30am</td>
<td>AFRO-BRAZILIAN 8:30am</td>
<td>SPINNING 8am</td>
<td>SPINNING 10am</td>
<td></td>
</tr>
<tr>
<td>YOGA 9:30am</td>
<td>YOGA 9:30am</td>
<td>GENTLE YOGA 9:30am</td>
<td>CHAIR YOGA 9:15am</td>
<td></td>
<td>VINYASA PRANA YOGA 9:15am</td>
<td></td>
</tr>
<tr>
<td>STEP &amp; CORE 9:30am</td>
<td>H.I.I.T 9:30am</td>
<td></td>
<td>STEP &amp; BARBELL 9:30am</td>
<td>TRX® CIRCUIT 9:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHAIR YOGA 10am</td>
<td>ZUMBA 9:30am</td>
<td>*30-60-90 9:30am</td>
<td></td>
<td>FUNCTIONAL TRAINING 9:30am</td>
<td>ZUMBA 9:30am</td>
<td></td>
</tr>
<tr>
<td>BARBELL ZONE 10:30am</td>
<td>FUNCTIONAL BODIES/BARRE 10:30am</td>
<td>FUNCTIONAL BODIES 10:30am</td>
<td></td>
<td>TKO SHRED 10:30am</td>
<td>BARBELL ZONE 9:30am</td>
<td></td>
</tr>
<tr>
<td>PILATES MAT 10:30am</td>
<td>PILATES MAT 10:30am</td>
<td>PILATES MAT 10:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PRANAYAMA YOGA 5:15pm</td>
<td>SPINNING 5pm</td>
<td></td>
<td>SPINNING 5pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPINNING 6pm</td>
<td>SPINNING 6pm</td>
<td></td>
<td>SPINNING 6pm</td>
<td></td>
<td>TRX® CIRCUIT 3pm</td>
<td></td>
</tr>
<tr>
<td>STEP 6pm (45 min)</td>
<td>ROLL &amp; RELEASE 6pm (45 min)</td>
<td></td>
<td>2-6pm</td>
<td></td>
<td>FAMILY YOGA 4pm</td>
<td></td>
</tr>
<tr>
<td>ABSolutely GLUTEous 6:45pm (45 min)</td>
<td>BODY 360° 7pm</td>
<td>PILATES FUSION 6:30pm</td>
<td>ASHTANGA YOGA 6:30pm</td>
<td>ADVANCED TRX® CIRCUIT 7pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TRX® CIRCUIT 7pm</td>
<td>YOGA 7pm</td>
<td>TOTAL BODY STRENGTH &amp; CONDITIONING 7pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BOOTCAMP 7pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ZUMBA 7pm</td>
<td>ZUMBA 7pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>YOGA 7:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

## UPCOMING SEPTEMBER WORKSHOPS

Register Today!

- Oct 7- Nov 11: Chakras 101; $75
- Oct 17 & 24: Meditation & Relaxation Stress Reduction; $25
- Oct 18 – Nov 15: Swim Triathlon Clinic 5-Weeks; $77

---

## AQUA CLASSES

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEEP FIT 8:10am</td>
<td>ABC 9:15am</td>
<td>DEEP FIT 8:10am</td>
<td>DEEP FIT 9:15am</td>
<td>DEEP CIRCUIT 8:10am</td>
<td>AQUA BOOTCAMP 8:10am</td>
<td></td>
</tr>
<tr>
<td>AM ENERGIZER 9am</td>
<td>AQUA ZUMBA 10:15am</td>
<td>AM ENERGIZER 9am</td>
<td>ABC 10:15am</td>
<td>AQUA FLOW 9am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**GROUP EXERCISE POLICIES**

- Classes are for Participants Thirteen (13+)
- Intensity classes (H.I.I.T/Insanity, etc), participants must be age 16+
- Ages 8-12 must have parent/guardian present in class, with the approval of the instructor. (Please see the instructor prior to class)
- Sign-in (if applicable) is available 30 minutes prior to class at the front desk.
- Space and equipment is available on a first come, first served basis.
- For your own safety please do not enter in the class after the warm up has been completed.
- Please turn off your cell phone during class.
- For inclement weather Information call 703-670-7112
- **BRING TOWEL & PLENTY OF WATER!!!!**

---

**BARBELL ZONE** - A high energy choreographed barbell class that is a total body strength training workout. This 55-minute class challenges all your major muscle groups and all fitness levels are welcome.

**BODY 360°** - Burn, sweat, tighten and melt your body in this muscle sculpting, calorie burning, intense workout!

**CIRCUIT TRAINING** - (ages 16+) Class utilizes resistance exercises using a variety of weight room equipment for a super resistance-training workout with cardio segments mixed in - taught in the fitness area.

**FUNCTIONAL BODIES** - Don’t let your body let you down. This class will work on strength, balance and flexibility for functioning in our daily lives.

**KETTLEBELL - TRX® FUSION** - 45 minutes – Combines Kettlebell strength and power with the TRX Workout

**STRENGTH ZONE** - Work your way into the zone – class focuses on working to improve muscular strength and endurance.

**TB56C** - A Total Body, Strength & Conditioning class using a variety of resistance equipment with functional based, corrective exercise.

**TRX® CIRCUIT** - 45 minutes – Same equipment and results as Body Blast but movement patterns utilize time, not rhythm.

---

**LAND-STRENGTH**

<table>
<thead>
<tr>
<th>LAND CARDIO/STRENGTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-60-90 - This mixed interval workout helps build endurance, increase your anaerobic threshold and burn more calories and fat.</td>
</tr>
<tr>
<td><strong>BOOT CAMP</strong> - An interval class that mixes calisthenics and body weight exercises with cardio and strength training.</td>
</tr>
<tr>
<td><strong>H.I.I.T - High Intensity Interval Training</strong> (16+) Interval training executed at high intensity by combining weight training and cardiovascular movements.</td>
</tr>
<tr>
<td><strong>TKO SHRED</strong> - A full body strength and conditioning workout using high intensity intervals incorporating kickboxing, kettle bells, weights, battle ropes and more.</td>
</tr>
</tbody>
</table>

---

**MIND/BODY**

<table>
<thead>
<tr>
<th>MIND/BODY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AFRO-BRAZILIAN</strong> - Hi-energy class combining African, Brazilian and Caribbean dance moves.</td>
</tr>
<tr>
<td><strong>INSANITY</strong> - IS a cardio-based total-body conditioning program which pushes participants and burns calories faster resulting in a more efficient metabolism.</td>
</tr>
<tr>
<td><strong>SPINNING</strong> - 45-minute cycling class with emphasis on intensity, strength and/or endurance.</td>
</tr>
<tr>
<td><strong>SPINNING+</strong> - Get a little more time in the bike saddle. Work on that endurance and kick your ride up a notch.</td>
</tr>
<tr>
<td><strong>STEP &amp; CORE or BARBELL</strong> - A combination of step aerobics and core conditioning or Barbell.</td>
</tr>
<tr>
<td><strong>UJAM</strong> - Athletic cardio funky dance fitness with world beats and urban flavor.</td>
</tr>
<tr>
<td><strong>ZUMBA®</strong> - A dance-based fitness class that uses a fusion of Latin and International rhythms with easy-to-follow moves.</td>
</tr>
</tbody>
</table>

---

**AQUA**

<table>
<thead>
<tr>
<th>AQUA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ABC</strong> - Aqua Body Conditioning Combination of cardiovascular and muscle strengthen workout in shallow water.</td>
</tr>
<tr>
<td><strong>AM ENERGIZER</strong> - Hi-Lo aerobics class in shallow water.</td>
</tr>
<tr>
<td><strong>AQUA BOOT CAMP</strong> - Challenging and fun! Class taught in Deep Water.</td>
</tr>
<tr>
<td><strong>AQUA ZUMBA®</strong> - Dance &amp; party in the water! Prepare for fitness &amp; fun.</td>
</tr>
<tr>
<td><strong>DEEP FIT</strong> - Improve core strength and stamina. Class uses buoyancy devices.</td>
</tr>
<tr>
<td><strong>DEEP CIRCUIT</strong> - Build endurance and increase muscular strength in this fast-paced workout.</td>
</tr>
<tr>
<td><strong>AQUA FLOW</strong> - A high-energy, low impact choreographed class that builds endurance for participants of all ages, skill and fitness levels.</td>
</tr>
</tbody>
</table>