

SUMMER 2019 DROP-IN EXERCISE CLASS SCHEDULE

SCHEDULE EFFECTIVE: MONDAY, JUNE 17 – SUNDAY, AUGUST 18

NO CLASSES 7/4, 8/19 - 9/2

MON.	 ZUMBA 5:30-6:30pm MARYJO	Body Blaster Circuit 9:30-10:30am JANE	 HCC Strong 6:40-7:40pm SAMANTHA			
TUE.	 ZUMBA 6:00-7:00am CAROL	Cardio-Sculpt Intervals 9:30-10:30am KATIE	Core Explosion 12:15-1:00pm KATIE	 HOT HULA 5:30-6:30pm MARIBEL	 LES MILLS BODYCOMBAT 5:30-6:30pm CARYN	 LES MILLS BODYPUMP 6:40-7:40pm CARYN
WED.	 ZUMBA 6:00-7:00am CAROL	Cardio-Sculpt Intervals 9:30-10:30am KATIE	Core Explosion 12:15-1:00pm KATIE	 ZUMBA 5:30-6:30pm MARYJO	 HCC Strong 6:40-7:40pm SAMANTHA	
THR.	 ZUMBA 6:00-7:00am CAROL	Cardio-Sculpt Intervals 9:30-10:30am KATIE	Core Explosion 12:15-1:00pm KATIE	 ZUMBA 5:30-6:30pm JESSICA	 LES MILLS BODYCOMBAT 5:30-6:30pm MARGARETH	 HCC Strong 6:40-7:40pm DEANNA
FRI.	 ZUMBA 5:30-6:30pm STACIE	<ul style="list-style-type: none"> ▶ Instructor subject to change during the season. ▶ Please do not enter a class more than ten minutes past the scheduled start time. ▶ Drop-In Exercise classes are designed for age 16 & up. ▶ Please consult your doctor prior to starting any exercise program. ▶ Some classes may reach capacity or have limited specialty equipment available. 				
SAT.	 LES MILLS BODYCOMBAT 8:00-9:00am TRACEY	 ZUMBA 9:00-10:00am STACIE/KIM	 HCC Strong 10:15-11:15am DEANNA	<ul style="list-style-type: none"> ▶ Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300. ▶ 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. 		
SUN.	 LES MILLS BODYCOMBAT 10:15-11:15am ANDREA	 Use your smart phone to scan or go online to http://bit.ly/dropfit for the most up-to-date Drop-In Fitness Schedule.				

Get Updates On Drop-In Exercise Classes

We'll send you updates on class cancellations, instructor changes, and special events - and will never share or sell your email address. To subscribe, send an email to our Group Fitness Coordinator at Trey. Simkins@herndon-va.gov with the subject ADD ME. You may also list the class formats you regularly attend, and we'll only email you when those classes are impacted.



BODYPUMP™ Age 16 & up

BODYPUMP™ is a barbell 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 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!

Body Blaster Circuit Age 16 & up

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.

Cardio/Sculpt Intervals (CSI) Age 16 & up

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.

Core Explosion Age 16 & up

An intense core workout. You'll work your entire core - abs, obliques, back extensors, glutes - in a variety of fun ways and with endless exercise options. Your core is the foundation upon which all movement is created - make sure you have a strong and stable midsection, and a healthy life will follow!



HCC Strong Age 16 & up

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.



BODYCOMBAT™ Age 16 & up

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, Tae Kwon Do, Boxing, Muay Thai, Capoeira and Kung Fu.



HOT HULA Fitness Age 16 & up

Polynesian mixed dance workout (combination of Tahitian, Hula, Samoan and Hip-Hop). It provides a "total body workout" in 60 minutes. Inspired by the dances of the Pacific Islands **HOT HULA Fitness** incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout.



ZUMBA® Age 16 & up

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.