

FALL 2019 DROP-IN EXERCISE CLASS SCHEDULE

SCHEDULE EFFECTIVE: TUESDAY, SEPTEMBER 3 – SUNDAY, DECEMBER 22

NO CLASSES 10/12, 10/13, 11/28, 11/29, 12/8, 12/23-1

MON.	HCC Body Blast 9:30-10:30am <i>JANE</i>		 5:30-6:30pm <i>MARYJO</i>		HCC Tabata 6:40-7:40pm <i>SAMANTHA</i>
TUE.	 6:00-7:00am <i>CAROL</i>	HCC Intervals 9:30-10:30am <i>KATIE</i>	HCC Core 12:15-1:00pm <i>KATIE</i>	 5:30-6:30pm <i>MARIBEL</i>	  5:30-6:30pm <i>MARGARETH</i>
WED.	HCC Body Blast 9:30-10:30am <i>JANE</i>		 5:30-6:30pm <i>MARYJO</i>		HCC Strong 5:30-6:30pm <i>DEANNA</i>
THR.	 6:00-7:00am <i>CAROL</i>	HCC Intervals 9:30-10:30am <i>KATIE</i>	HCC Core 12:15-1:00pm <i>KATIE</i>	 5:30-6:30pm <i>JESSICA</i>	  5:30-6:30pm <i>MARGARETH</i>
FRI.			 5:30-6:30pm <i>STACIE</i>		
SAT.	 8:00-9:00am <i>TRACEY</i>	 9:00-10:00am <i>STACIE/KIM</i>	HCC Strong 10:15-11:15am <i>DEANNA</i>		
SUN.	 9:00-10:00am <i>ANDREA</i>	 10:15-11:15am <i>HOLLY</i>			

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 TO GEX LIST**. You may also list the class formats you regularly attend, and we'll only email you when those classes are impacted.

 **HCC Body Blast 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.

 **HCC Core 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 Intervals 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.

 **HCC Strong Age 16 & up**
 Total body muscular strength and endurance, emphasizing on upper body, core, and cardio conditioning. Each session will add a new element to your exercise experience. It's never too late to try something new.

 **HCC Tabata Age 16 & up**
 Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval. It only takes four minutes to complete a Tabata circuit, but those four minutes may well push your body to its absolute limit. Tabata training burns tons of calories and provides an incredible full-body anaerobic and aerobic workout.

 **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 500 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™ Age 16 & up**
 BODYPUMP™ 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.

 **HOT HULA Fitness Age 16 & up**
 Polynesian mixed dance workout (combination of Tahitian, Hula, Samoan and Hip-Hop). 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.