

» DROP-IN Exercise Classes

FALL 2018 DROP-IN EXERCISE CLASS SCHEDULE

MON.		Body Blaster Circuit 9:30-10:30am		5:30-6:30pm	6:40-7:40pm		
TUE.	6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	5:30-6:30pm	5:30-6:30pm	6:40-7:40pm	
WED.		Body Blaster Circuit 9:30-10:30am		5:00-6:00pm		6:00-7:00pm	
THR.	6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	5:30-6:30pm	5:30-6:30pm	6:40-7:40pm	No Class 11/22
FRI.			5:25-6:25pm	» 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.			» 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.
SAT.	8:00-9:00am	10:15-11:15am	11:30am-12:30pm	Use your smart phone to scan or go online to http://bit.ly/dropfit for the most up-to-date Drop-In Fitness Schedule.			
SUN.	9:00-10:00am						

SCHEDULE EFFECTIVE TUESDAY, SEPTEMBER 4 – FRIDAY, DECEMBER 21

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.

M/W 9:30-10:30am



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.

Tu/Th 5:30-6:30pm No Class 11/22

Sa 8:00-9:00am

Su 9:00-10:00am



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!

M/Tu/Th 6:40-7:40pm No Class 11/22

W 6:00-7:00pm

Sa 10:15-11:15am

Ab Express Age 16 & up

Ab Express is a 45 minute 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, yet challenging, workout into your busy day.

Tu/Th 12:15-1:00pm No Class 11/22

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.

Tu/Th 9:30-10:30am No Class 11/22



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.

M/Tu/Th 5:30-6:30pm No Class 11/22

Tu/Th 6:00-7:00am No Class 11/22

W 5:00-6:00pm

F 5:25-6:25pm No Class 11/23

Sa 11:30am-12:30pm

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