# SEPTEMBER DULLES SOUTH GROUP EXERCISE SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>South Side Boot Camp 5:05-6:00am Julie Max 16/Group Ex Room</td>
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<td>Strong Nation 8:05-9:05am Shannon Max 16/Dance Room</td>
<td>Strong Nation 9:15-10:15am Yon Max 16/Dance Room</td>
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<td>Zumba 9:00-10:00am Kelly N. Max 16/Dance Room</td>
<td>Body Sculpt 9:00-10:00am Tamara Max 16/Group Ex Room</td>
<td>REFIT 9:00-10:00am Mary-Ann Max 16/Group Ex Room</td>
<td>Body Sculpt 9:00-10:00am Tamara Max 16/Group Ex Room</td>
<td>Tae Bo 9:15-10:15am Yon Max 16/Group Ex Room</td>
<td>Zumba 10:30-11:30am Shannon Max 16/Dance Room</td>
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<td>Strength Express 11:00-11:45am Mitch Max 16/Group Ex Room</td>
<td>Water Fit 9:30-10:30am Andrea Max 24/Comp Pool</td>
<td>Aqua HIIT 9:30-10:30am Julie Max 24/Comp Pool</td>
<td>Water Fit 9:30-10:30am Andrea Max 24/Comp Pool</td>
<td>Strength Express 11:00-11:45am Mitch Max 16/Dance Room</td>
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<tr>
<td>Moving Warrior Yoga 11:30-12:30pm Sharlene Max 16/Dance Room</td>
<td>Vinyasa Yoga 11:00-12:00pm Neeta Max 16/Dance Room</td>
<td>HIIT Express 12:00-1:00pm Mitch Max 25/Basketball CT</td>
<td>Gentle Yoga 11:30-12:30pm Jody Max 16/Dance Room</td>
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<tr>
<td>HIIT Express 12:00-1:00pm Mitch Max 25/Basketball CT</td>
<td>GLOW 1:30-2:30pm Jenny Max 16/Group Ex Room</td>
<td>WERQ 5:00-6:00PM Saemi Max 16/Group Ex Room</td>
<td>HIIT Express 12:00-1:00pm Mitch Max 25/Basketball CT</td>
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<td>Hatha Yoga 4:45-6:00pm Jody Max 16/Dance Room</td>
<td>Tabata 5:00-6:00pm Julie Max 16/Group Ex Room</td>
<td>Body Sculpt 4:00-4:45pm Tamara Max 16/Group Ex Room</td>
<td>Zumba Tone 6:00-7:00pm Chiharu Max 16/Dance Room</td>
<td>HIRT Express 4:15-5:00pm Mitch Max 16/Dance Room</td>
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<td>Cycle 5:00-6:00pm Kati Max 16/Dance Room</td>
<td>Cycle 6:15-7:15pm Mike Max 14/Group Ex Room</td>
<td>Cycle Express 5:00-5:45pm Christina G. Max 14/Group Ex Room</td>
<td>Cycle 6:15-7:15pm Kati Max 16/Dance Room</td>
<td>Sunset Flow 6:00-7:00pm Sharlene Max 16/Dance Room</td>
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<td>REFIT 6:15-7:15pm Mary-Ann Max 16/Group Ex Room</td>
<td>Dance Fit 7:15-8:15pm Kelly H. Max 16/Dance Room</td>
<td>Aerobic Toning 6:00-7:00pm Jenna Max 16/Group Ex Room</td>
<td>Vinyasa Yoga 7:15-8:15pm Katerina Max 16/Dance Room</td>
<td>Aerobic Toning 6:00-7:00pm Jenna Max 16/Dance Room</td>
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<td>Strong Nation 6:15-7:15pm Mariam Max 16/Dance Room</td>
<td>Strength Yoga 7:30-8:30pm Katerina Max 16/Group Ex Room</td>
<td>Pound w/Ripstix 7:15-8:15pm Cara Max 16/Group Ex Room</td>
<td>SCore! 7:30-8:15pm Kati Max 16/Group Ex Room</td>
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Additional information:
- All class participants will be required to receive a class entrance card to participate in Fitness classes. Class entrance cards can be obtained at the front desk thirty minutes before the start time of class.
- September 5th, 2022 Holiday Hours 11am-6pm No Fitness Classes

DULLES SOUTH GROUP EXERCISE SCHEDULE EFFECTIVE 09/01/2022-09/30/2022
Aerobic Toning—Aerobic exercise choreographed to the music. This workout will give you a full body cardio workout.

Body Sculpt—A total body and conditioning class using free weights, body bars, bands and your own body weight. Great for beginner to advanced.

Cycle & Cycle Express—Work on building your muscular and cardio endurance while rockin’ it out to your favorite music! Sprint and climb while navigating high intensity intervals. All cycling classes are beginner friendly.

GLOW—(Gentle Low Impact) This low-impact strength training and cardio class uses exercises that are gentle on your joints and tendons. No matter your fitness level or abilities, you will discover the benefits low impact training.

Kickboxing—Increase stamina, improve coordination and flexibility, plus build muscle with this fun all-levels workout that combines martial arts techniques with cardio.

Pound with Ripstix—Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercises, POUND transforms drumming into an incredibly effective way of working out.

SCore!—Designed to strengthen the abs, glutes, and back muscles through a variety of exercises set to fun music. Suitable for all levels.

Southside Bootcamp—Join this fast paced class that is appropriate for all fitness levels. The focus is on increasing strength and endurance using various training techniques.

Strong Nation—A high-intensity workout choreographed with music to motivate you and help you crush your ultimate fitness goals.

Tabata—Build endurance, cardio, and improve your performance. A workout originally designed for Olympic athletes, Tabatas can be modified to fit any exercise, any goal, and any ability. Suitable for all levels.

Tae Bo—Tae Bo is a workout for the body, mind and spirit. It is a combination of martial arts, dance, aerobics, boxing and several muscle-conditioning movements. Suitable for all levels.

DanceFit—A hi-lo impact dance class with Latin style. Learn Salsa, Samba, Merengue and more while getting a great workout.

REFIT—Movement plus music experience that adds resistance training elements to give you a total body workout. Easy to learn movements, inspiring music and a calorie burning workout for all levels.

Zumba—A dance party with high-tempo music and the latest dance moves from Salsa, Samba, Merengue and hip-hop, this class is guaranteed to whip you into shape and energize your day.

WERQ—A wildly addictive cardio dance workout based on trending and hip hop music. A judgement free space built on good vibes and a good sweat.

Gentle Yoga—“Easy does it.” We will be gently opening and strengthening the body, connecting with our breath, and calming the mind.

Hatha Morning Flow—Energizing flow to start your weekend. Relaxation, breathing, and meditation. This class is appropriate for all levels.

Hatha Yoga—Hatha Yoga consists of the classic sun salutation, held postures, breathing practices, meditation, and a guided deep relaxation. This class is designed for all levels.

Moving Warrior Yoga—Find your inner strength with this Hatha yoga flow. This class combines strength, stability, and varied intensity. Suitable for all levels.

Sunset Flow—Unwind and put aside the tensions of the day with this relaxing flow suitable for all levels. You will leave feeling focused and relaxed.

Vinyasa Yoga—Build endurance, flexibility, and mental focus in this dynamic flow that synchronizes breath and movement.

Yoga with Pranayama—Yoga Breathing with Mudras and Bandha for improving lung capacity. Stretching and yoga postures to strengthen the muscles and the bones with focused meditation Suitable for all levels.

Strength Yoga—Challenge yourself with a strength based yoga for the body and mind. Suitable for all levels.

Check out our Fitness programs in the PRCS Activity Guide!