







**HEALTHY STRIDES**  
COMMUNITY CLASSES


# 2024 Virtual Fitness Classes

Weekly Schedule

[www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Pilates 8:00 am – 9:00 am Shirl W. Meeting ID: 834 0153 5657</p>	<p>Mix It Up 8:00 am – 9:00 am Jennifer H. Meeting ID: 892 8887 5392</p>	<p>Yoga 9:00 am – 10:00 am Teresa T. Meeting ID: 840 5828 3633</p>	<p>Yoga <sup>+</sup> <i>Live at South Run</i> 8:00 am – 9:00 am Michael S. Meeting ID: 842 2723 5452</p>	<p>Pure Stretch 8:00 am – 8:45 am Jennifer H. Meeting ID: 848 0203 0991</p>	<p>Strength Mix <sup>+</sup> <i>Live at South Run</i> 9:00 am – 9:45 am Laurie S. Meeting ID: 847 9264 7084</p>	<p>Pure Stretch 8:45 am – 9:15 am Shirl W. Meeting ID: 871 6941 6303</p>
<p>Mix It Up <sup>+</sup> <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Mix It Up <sup>+</sup> <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>	<p>Pilates 11:30 am – 12:30 pm Edie M. Meeting ID: 858 7896 4048</p>	<p>Mix It Up <sup>+</sup> <i>Live at Providence</i> 9:00 am – 10:00 am Christine M. Meeting ID: 825 4420 3739</p>		<p>Basic Training 9:30 am – 10:30 am Jennifer H. Meeting ID: 837 3916 5792</p>
<p>Basic Training for Older Adults 9:00 am – 10:00 am Gail B. Meeting ID: 826 6940 0842</p>	<p>Strength Mix 5:30 pm – 6:15 pm Laurie S. Meeting ID: 812 9680 9142</p>	<p>Pilates 12:00 pm – 1:00 pm Shirl W. Meeting ID: 836 5648 6814</p>	<p><i>Please be courteous to all class participants by staying muted unless otherwise instructed. Use the chat box to type in questions or problems.</i></p>	<p>Basic Training for Older Adults 10:00 am – 10:55 am Julie C. Meeting ID: 846 2127 9226</p>	<p><b>MANAGING PRE-DIABETES AND DIABETES SERIES</b> <u>Wednesdays in May, 5:30-6:30pm</u></p> <p>Led by Catherine Bavido-Arrage, Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist</p> <p>5/1 Basics of Having Pre-Diabetes or Diabetes 5/8 Exercise and Diabetes 5/15 Meals and Diabetes</p> <p>For class descriptions, check the website.</p>	
 <p>Always go to the HSCC webpage for the most up-to-date schedule.</p>	<p>Pilates 7:00 pm – 8:00 pm Shirl W. Meeting ID: 858 0334 3406</p>	<p>Mix It Up (Mat) <sup>+</sup> <i>Live at Oak Marr</i> 6:00 pm – 6:55 pm Jennifer H. Meeting ID: 847 7725 5135</p>		<p>Yoga 11:30 am- 12:30 pm Nancy S. Meeting ID: 846 9716 9859</p>		
<p>Yoga <sup>+</sup> <i>Live at South Run</i> 5:45 pm – 6:40 pm Teresa T. Meeting ID: 845 6705 8234</p>	<p><b>Nutrition Wellness Workshops</b> <u>Nutrition Series, 7-8 pm</u> 4/24 Feel Satiated without Overeating ~ Sandy J. 5/29 The Truth About Sugar ~ Sandy J. 6/26 The Connection Between Exercise &amp; Eating ~ Laurie S.</p>		<p>Tai Chi Basics 4:00 pm – 5:00 pm Sally H.B. Meeting ID: 813 1159 8007</p>		<p><b>To join a class, visit:</b> <a href="http://www.fairfaxcounty.gov/parks/healthy-strides">www.fairfaxcounty.gov/parks/healthy-strides</a> <b>Click on the class link in the schedule. You will be taken directly to Zoom. No registration required.</b> Schedule is subject to change. <b>Questions?</b> Contact the Healthy Strides Virtual Class Coordinators at <a href="mailto:christine.molina@fairfaxcounty.gov">christine.molina@fairfaxcounty.gov</a> or <a href="mailto:laurie.strickland@fairfaxcounty.gov">laurie.strickland@fairfaxcounty.gov</a></p>	

<sup>+</sup> **Hybrid class** This class is broadcast live from a Rec Center and can be also taken in-person at the facility with membership or daily admission. See the Rec Center group fitness drop-in schedules for more information: [www.fairfaxcounty.gov/parks/recenter/schedules](http://www.fairfaxcounty.gov/parks/recenter/schedules).

 For accommodations, contact Inclusion and ADA Support at 703-324-8563. TTY Relay 711. [www.fairfaxcounty.gov/parks/accessible](http://www.fairfaxcounty.gov/parks/accessible).



FAIRFAX COUNTY PARK AUTHORITY

**REC CENTERS**

Updated 4/11/2024